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HOW TO PLAY FOOT BALL



Edited by
WALTER CAMP

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FOR
1906**

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Spalding's How to Play Foot Ball

A Primer on the Modern College Game
With Tactics Brought Down to Date

EDITED BY
WALTER CAMP

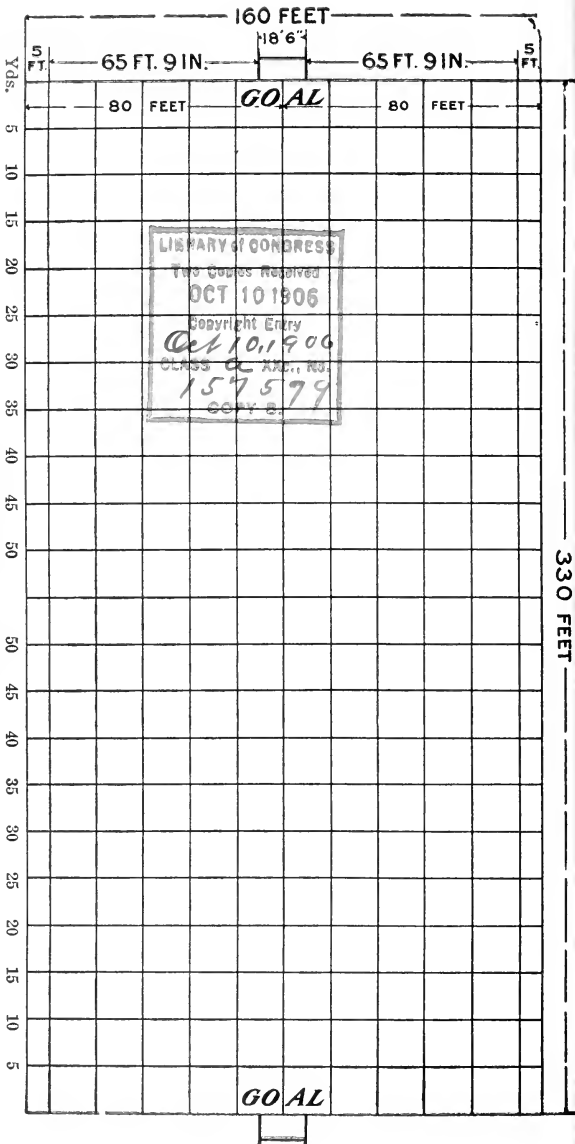
New Edition--Revised for 1906

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The foot ball rules provide that when the ball is put in play in a scrimmage, the first man who receives the ball, commonly known as the quarter-back, may carry it forward beyond the line of scrimmage, provided in so doing he crosses such line at least 5 yards from the point where the snapper-back put the ball in play, and furthermore, that a forward pass may be made provided the ball passes over the line of scrimmage at least 5 yards from the point at which the ball is put in play. The field is marked off at intervals of 5 yards with white lines parallel to the goal line, for convenience in penalizing fouls and for measuring the 10 yards to be gained in three downs, and also at intervals of 5 yards with white lines parallel to the side lines, in order to assist the Referee in determining whether the quarter-back runs according to rule, or whether, in case of a forward pass, such pass is legally made. Thus the foot ball field is changed from the gridiron as in 1902, to what now resembles a checkerboard, and the above diagram shows exactly how the field should be marked. As the width of the field does not divide evenly into 5 yard spaces, it is wise to run the first line through the middle point of the field and then to mark off the 5 yards on each side from that middle line. In order to save labor, it may be sufficient to omit the full completion of the longitudinal lines, as the object of these lines is accomplished if their points of intersection with the transverse lines are distinctly marked, for instance, by a line a foot long.

DIAGRAM OF FIELD.



AN INTRODUCTORY CHAPTER FOR BEGINNERS

BY WALTER CAMP

Those who are taking up the sport for the first time should observe certain rules, which will enable them to become adept players with less mistakes than perhaps would otherwise fall to their lot.

A beginner in foot ball should do two things: He should read the rules, and he should, if possible, watch the practice. If the latter be impossible, he and his men must, after having read the rules, start in and, with eleven on a side, play according to their own interpretation of these rules. When differences of opinion arise as to the meaning of any rule, a letter addressed to the publishers of Spalding's Official Foot Ball Guide—the American Sports Publishing Company, 21 Warren Street, New York—will always elicit a ready and satisfactory answer.

The first thing to be done in starting the practice is to provide the accessories of the game, which, in foot ball, are of the simplest kind. The field should be marked out with ordinary line lines, enclosing a space of 330 feet long and 160 feet wide. While not absolutely necessary, it is customary to mark the field also with transverse lines every five yards, for the benefit of the referee in determining how far the ball is advanced at every down, and also with lines running parallel to the side line and five yards apart, in order to aid the umpire in determining that a forward pass, if made, crosses the line of scrimmage at least five yards out, also whether the quarter-back in making a run follows a certain rule which provides that he must cross the line of scrimmage five yards from the point where the ball was put in play. The same end is accomplished by merely making short marks at right angles on each line. In the middle of the lines forming the ends of the field, the goal posts are erected, and should be eighteen feet six inches apart, with cross-bar ten feet from the ground. The posts should project several feet above the cross bar. The ball used is an oval leather cover containing a rubber inner, which is inflated by means of a small air pump or the lungs. The ball used by the principal teams is

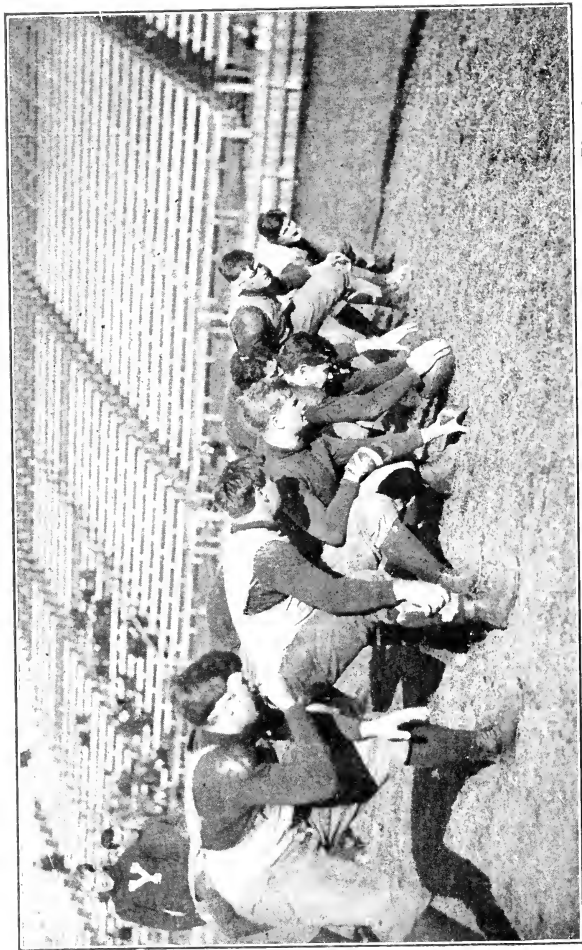


Photo by Hemment

A POWERFUL RUSH LINE GOING THROUGH SIGNALS

the Intercollegiate Match, No. J5, adopted by the Intercollegiate Association, and made by A. G. Spalding & Bros.

The costumes of the players form another very important feature and should be of a proper and serviceable nature. Canvas makes most serviceable jackets for the players, as do also jerseys reinforced with leather. These can be purchased at a small expense from any athletic outfitter. The canvas jacket should fit closely, but not too tightly, and lace up in front, so that it may be drawn quite snugly. Some have elastic pieces set in at the sides, back of arms, but these additions are by no means necessary. Jerseys, with leather patches on elbows and shoulders, are also worn.

The trousers should be of some stout material, fustian for example, and well padded. This padding can be done by any seamstress, quilting in soft material over knees and thighs, or the regular athletic outfitters furnish trousers provided with the padding. Long woolen stockings are worn, and not infrequently shin guards by men playing in the forward line.

The most important feature of the entire uniform is the shoe. This may be the ordinary canvas and leather base ball shoe with leather cross-pieces nailed across the sole to prevent slipping. Such is the most inexpensive form, but the best shoes are made entirely of leather, of moderately stout material, fitting the foot firmly, yet comfortably, lacing well up on the ankles, and the soles provided with a small leather spike, which can be renewed when worn down. Inside this shoe, and either attached to the bottom of it or not, as preferred, a thin leather anklet laces tightly over the foot, and is an almost sure preventive of sprained ankles.

Head gears are made to protect the runner and must not be composed of sole leather, papier mache, or any other hard, unyielding substance that might injure another player. (A complete list of a foot ball player's requirements will be found in a subsequent chapter in this book.)

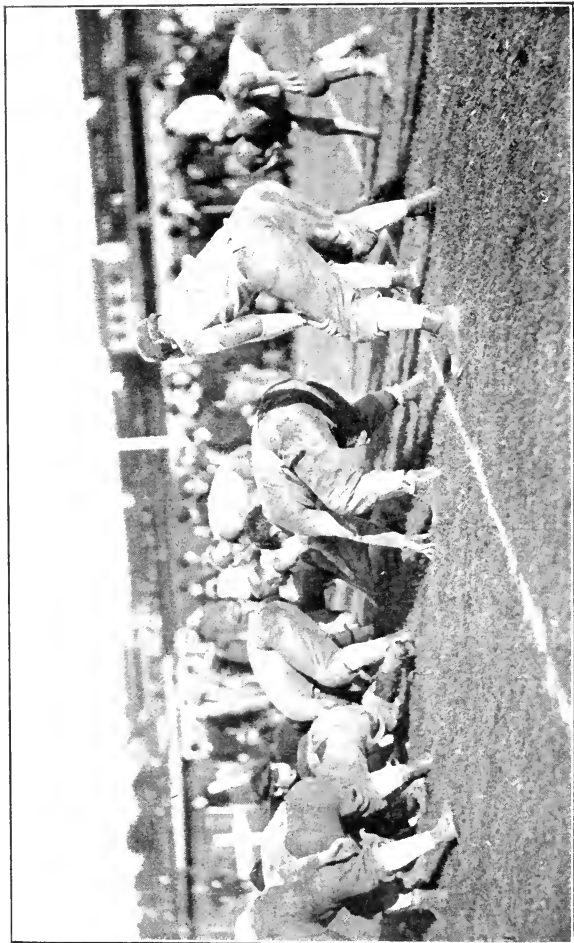


Photo by Hamment
FORMATIONS UNDER NEW RULES WITH A RUN AROUND THE END. MAN AT THE RIGHT
MUST BE OUTSIDE POSITION OCCUPIED BY MAN ON THE END OF THE LINE

Underneath the canvas jacket any woollen underwear may be put on, most players wearing knit jerseys. As mentioned above, there are several players who can, to advantage, go without the regulation canvas jacket and wear a jersey in its place. These are especially the quarter-back, the centre-rush or snap-back. Of recent years backs and linemen tend more than ever to the adoption of the leather-reinforced jersey.

The team of eleven men is usually divided into seven rushers or forwards, who stand in a line facing their seven opponents; a quarter-back, who stands just behind this line; two half-backs, a few yards behind the quarter-back; and finally, a full-back or goal tend, who stands at kicking distance behind the half-backs. This gives the general formation, but is, of course, dependent upon the plays to be executed.

Before commencing practice, a man should be chosen to act as referee, umpire and linesman, for in practice games it is hardly necessary to have more than one official. The two sides then toss up, and the one winning the toss has choice of goal or kick-off. If there be a wind, the winner will naturally and wisely take the goal from which that wind is blowing and allow his opponent to have the ball. If there be no advantage in the goals he may choose the kick-off, and his opponents in that case take whichever goal they like. The two teams then line up; the holders of the ball placing it upon the exact centre of the field, and the opponents being obliged to stand back in their own territory at least ten yards, until the ball has been touched with the foot. Some man of the side having the kick-off must then kick the ball at least ten yards into the opponents' territory. Preferably, therefore, he will send it across the goal line or else as far as he can, and still have his forwards reach the spot in season to prevent too great headway being acquired by the opponents' interference, but he will not kick it across the side line. The opponents then catch it and return it by a kick, or they run with it. If one of them runs with it he may be tackled by the opponents. He may not, however, be tackled below the knees, save by the five middle men of the forward line. As soon as the ball is fairly held;

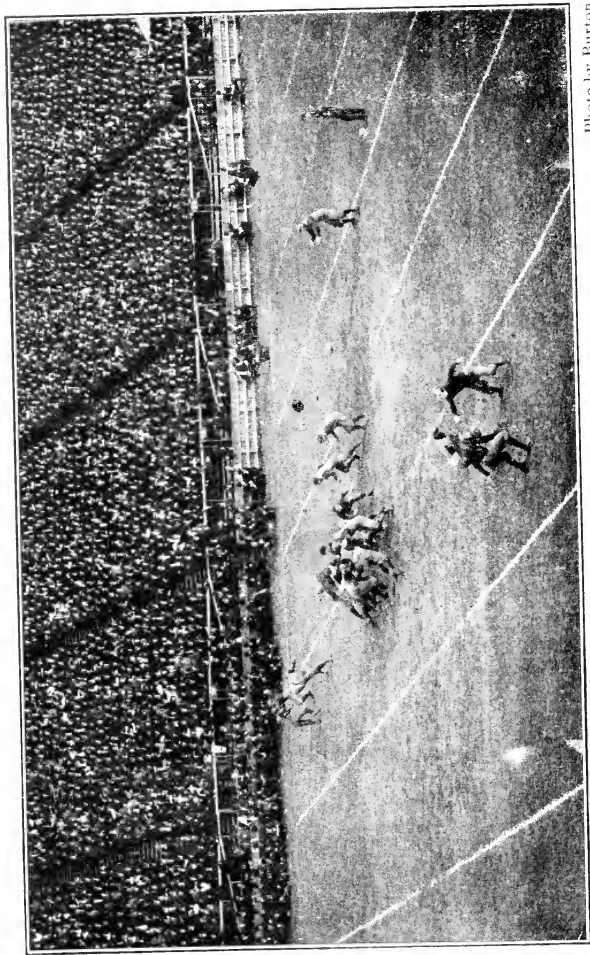


Photo by Burton

PASSING BALL FOR A PUNT

that is, both player and ball brought to a standstill, or the runner with the ball touches the ground with any part of his person, except his hands or feet, while in the grasp of an opponent, the referee blows his whistle and the runner has the ball "down," and someone upon his side, usually the man called the snap-back or centre-rush, must place the ball on the ground at that spot for a "scrimmage," as it is termed. The ball is then put in play again, placing it flat on the ground with its long axis parallel to the side line (while the men of each team keep on their own side of the ball, under the penalty of a foul for off-side play) by the snap-back's kicking the ball or snapping it back, either with his foot, or more commonly with his hand, to a player of his own side just behind him, who is called the quarter-back. The ball is in play, and both sides may press forward as soon as the ball is put in motion by the snap-back. Naturally, however, as the quarter-back usually passes it still further behind him to a half-back, or back, to kick or run with, it is the opposing side which is most anxious to push forward, while the side having the ball endeavor by all lawful means to retard that advance until their runner or kicker has had time to execute his play. It is this antagonism of desire on the part of both sides that has given rise to the special legislation regarding the use of the hands, body and arms of the contestants—and beginners must carefully note the distinction. As soon as the snap-back has sent the ball behind him, he has really placed all the men in his own line off-side; that is, between the ball and the opponents' goal, and they, therefore, can theoretically, occupy only the position in which they stand, while the opponents have the legal right to run past them as quickly as possible. For this reason, and bearing in mind that the men "on side" have the best claim to right of way, it has been enacted that the side having possession of the ball may not use their hands or arms, but only their bodies, when thus off-side, to obstruct or interrupt their adversaries, while the side running through in the endeavor to stop the runner, or secure possession of the ball, may use their hands and arms to make passage for themselves. The game thus progresses

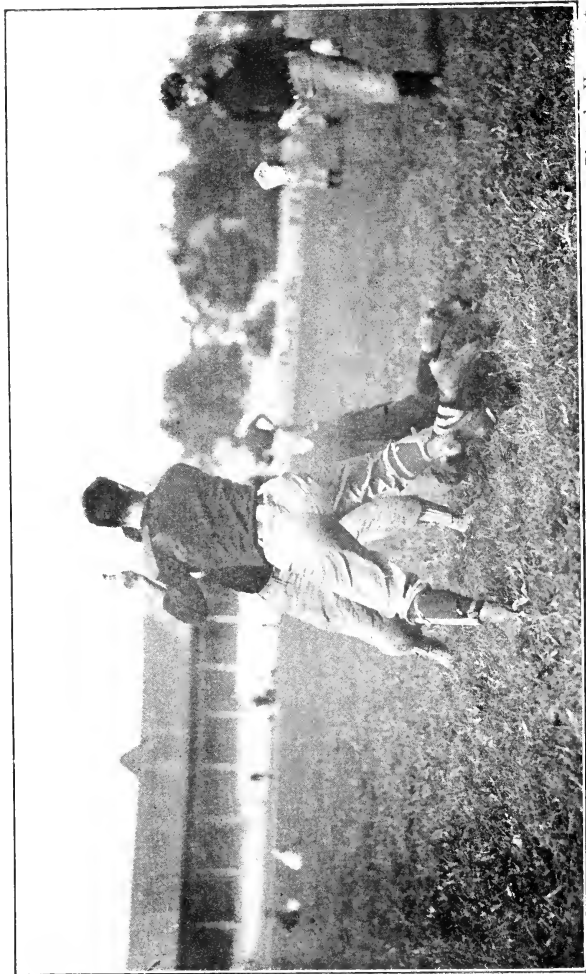


Photo by Hemment

BLOCKING AN END FROM RUNNING DOWN THE FIELD

in a series of downs, followed by runs or kicks, as the case may be, the only limitation being that of a rule designed to prevent one side continuously keeping possession of the ball without any material advance or retreat, which would be manifestly unfair to the opponents. This rule provides that in three "downs" or attempts to advance the ball, a side not having made ten yards toward the opponents' goal must surrender possession of the ball. As a matter of fact, it is seldom that a team actually surrenders the ball in this way, because, after two attempts, if the prospects of completing the ten-yards gain appear small, it is so manifestly politic to kick the ball as far as possible down the field, that such a method is more likely to be adopted than to make a last attempt by a run and give the enemy possession almost on the spot. In such an exigency, if a kick be made, the rules provide that it must be such a kick as to give the opponents fair and equal chance to gain possession of the ball and must go beyond the line of scrimmage unless stopped by an opponent. There is one other element entering into this progress of the game, and that is the fair catch. This can be made from a kick by the opponents, provided the catcher indicates his intention by raising his hand in the air, takes the ball on the fly, and, no other of his own side touching it, plants his heel in the ground at the spot where the catch is made. This entitles him to a free kick; that is, his opponents cannot come within ten yards of his mark, made by heeling the catch, while he (and his side) may retire such distance toward his own goal as he sees fit, and then make a punt or a drop, or give the ball to some one of his own side to place the ball for a place kick. Here again, as at kick-off, when taking the free kick, he must make an actual kick of at least ten yards, unless the ball is stopped by the opponents. His own men must be behind the ball when he kicks it, or be adjudged off-side.

Whenever the ball goes across the side boundary line of the field, it is said to go "into touch," or out of bounds, and it must be at once brought back to the point where it crossed the line, and then put in play by some member of the side which carried

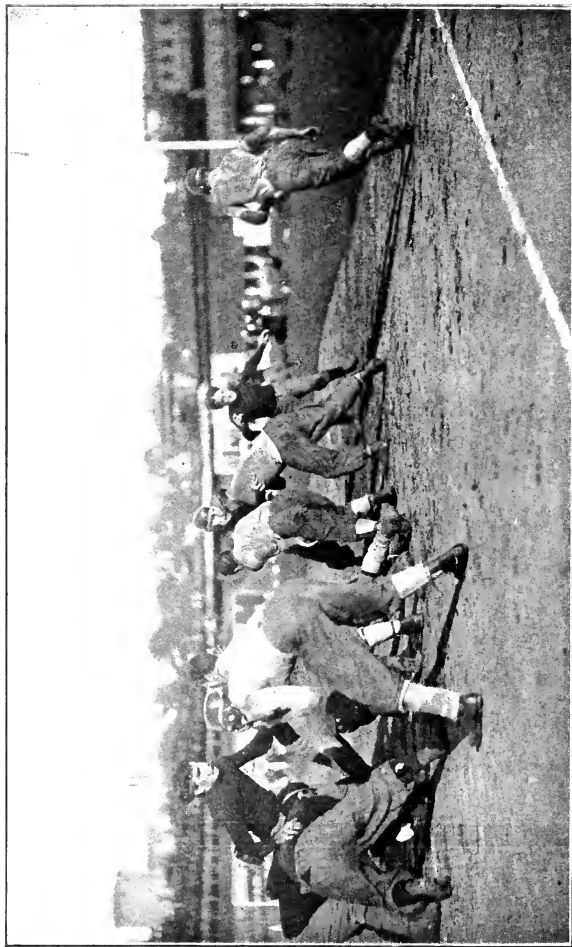


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GOING ROUND END FOR A LONG RUN

it out, or first secured possession of it after it went out. The method of putting it in play is to take it to spot where it crossed the line and then carry it at right angles into the field at least five and not more than fifteen yards, and make an ordinary scrimmage of it, the same as after a down. The player who intends walking in with it must, before stepping into the field, declare how many paces he will walk in, in order that the opponents may know where the ball will be put in play. We will suppose that the ball by a succession of these plays, runs, kicks, downs, fair catches, etc., has advanced toward one or the other of the goals, until it is within kicking distance of the goal posts. The question will now arise in the mind of the captain of the attacking side as to whether his best plan of operation will be to try a drop kick at the goal, or to continue the running attempts, in the hope of carrying the ball across the goal line, for this latter play will count his side a touchdown, and entitle them to a try-at-goal.

In deciding, therefore, whether to try a drop-kick, or continue the running attempts, he should reflect upon the value of the scores. The touchdown itself will count 5 points, even if he afterward fail to convert it into a goal, by sending the ball over the bar and between the posts, while, if he succeed in converting it, the touchdown and goal together count 6 points. A drop kick, if successful, counts 4 points, but is, of course, even if attempted, by no means sure of resulting successfully. He must, therefore, carefully consider all the issues at this point, and it is the handling of those problems that shows his quality as a captain. If he elects to continue his running attempts, and eventually carries the ball across the line, he secures a touchdown at the spot where the ball is finally held, after being carried over, and any player of his side may then bring it out, and when he reaches a suitable distance, place the ball for one of his side to kick, the opponents, meantime, standing behind their goal line. In placing the ball it is held in the hands of the placer, close to, but not touching the ground, and then carefully aimed until the direction is proper; the kicker himself may aim

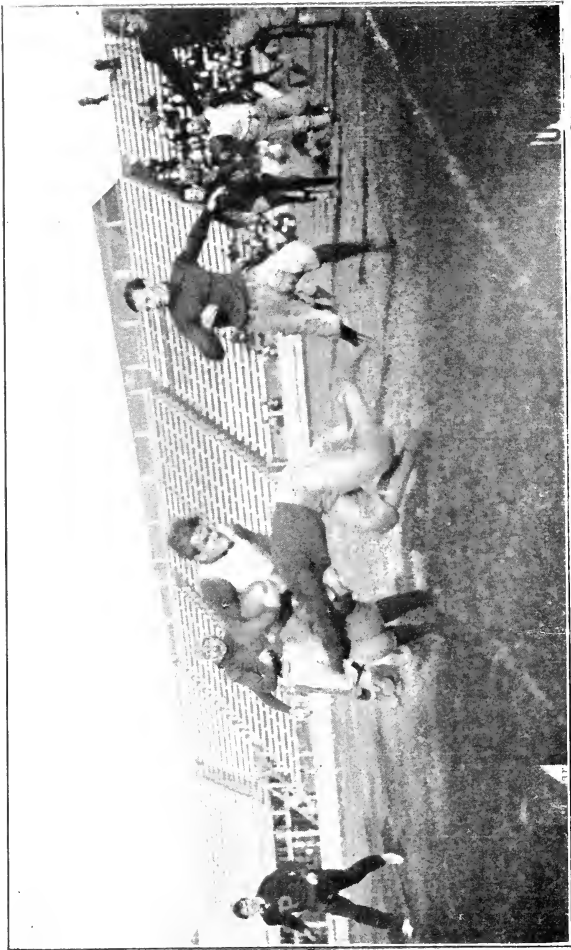


Photo by Burton

A GOOD, CLEAN TACKLE

it, touching it with his hands, provided the ball does not touch the ground. Then, at a signal from the kicker that it is right, it is placed upon the ground, still steadied by the hand or finger of the placer, and instantly kicked by the place kicker. The reason for this keeping it off the ground until the last instant is that the opponents can charge forward as soon as the ball touches the ground, and hence would surely stop the kick if much time intervened. If the ball goes over the goal, it scores as above indicated, and the opponents then take it to the middle of the field for kick-off again, the same as at the commencement of the match. The opponents have the privilege either of taking the kick-off themselves or of having the side which scored kick-off. The ball is also taken to the centre of the field if the goal be missed after a touchdown, although formerly the opponents could then bring it out only to the twenty-five-yard line.

There is one other issue to be considered at this point, and that is, if the ball be in possession of the defenders of the goal, or if it fall into their hands when thus close to their own goal. Of course, they will naturally endeavor, by running or kicking, to, if possible, free themselves from the unpleasant situation that menaces them. Sometimes, however, this becomes impossible, and there is a provision in the rules which gives them an opportunity of relief, at a sacrifice, it is true, but scoring less against them than if their opponents should regain possession of the ball and make a touchdown or a goal. A player may at any time kick, pass or carry the ball across his own goal line, and there touch it down for safety. This, while it scores two points for his opponents, gives his side the privilege of bringing the ball out to the twenty-five-yard line, and then taking a kick-out, performed like kick-off or any other free kick, but it can be a drop-kick, a place-kick or a punt.

The succession of plays continues for thirty minutes in a regular match. Then intervenes a ten-minute intermission, after which the side which did not have the kick-off at the commencement of the match has possession of the ball for the kick-off

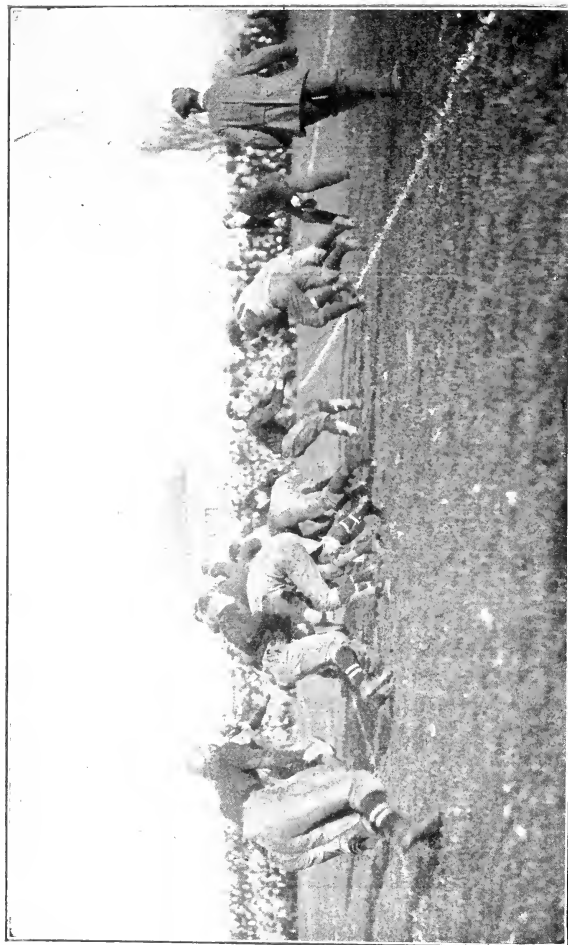


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A RUN AROUND THE END

for a second thirty minutes. The result of the match is determined by the number of points scored during the two halves, a goal from a touchdown yielding 6 points, one from the field—that is, without the aid of a touchdown—4 points; a touchdown from which no goal is kicked giving 5 points, and a safety counting 2 points for the opponents. In practice it is usual to have the two periods of play considerably shorter than thirty minutes, generally not over twenty or twenty-five.

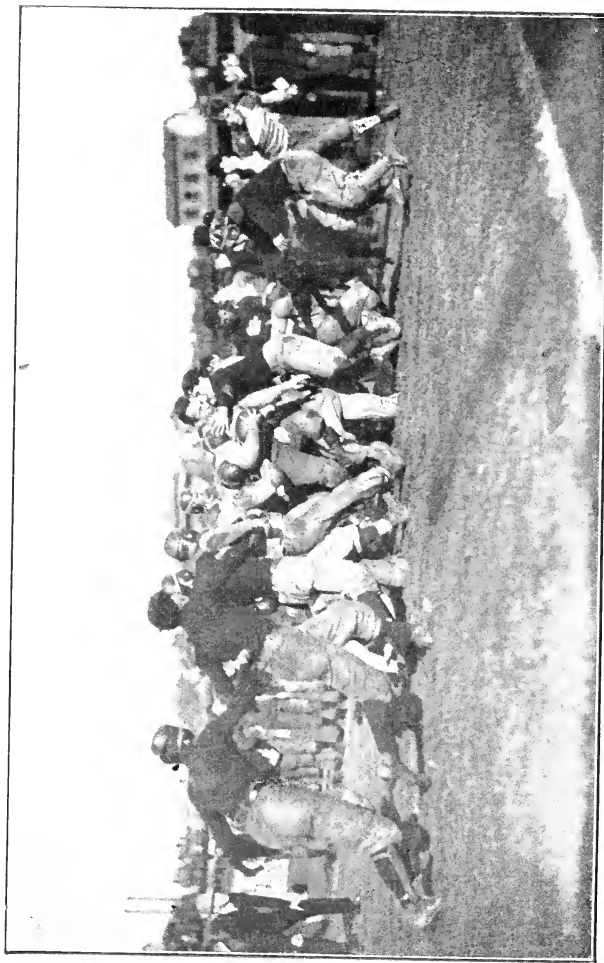


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BREAKING THROUGH THE LINE

HOW TO PLAY FOOT BALL

BY WALTER CAMP

I wish to preface the brief remarks which I take occasion to make in this chapter regarding special plays in foot ball with the statement that they are not intended to cover the first principles of the individual positions in the game. In another book I have dwelt upon these at length, and have there defined with as great accuracy as I could the principal duties assignable to the occupant of each position on the team. In addition to this, I have there given the main features of team play. It is worth while to mention this at the outset, because a team can make no greater mistake than by taking up what are known as "trick" plays, or, in fact, any of the ordinary team plays in the present modern game, before the individuals of that team have become thoroughly perfected in the practical rudiments of the game, and perform almost by instinct the ordinary duties of their positions. A team which undertakes to make strategic plays before mastering these primary points will always find itself working at a tremendous disadvantage, and the waste of power will be almost incalculable. Perhaps I could not put it more plainly than to say that the tendency is altogether too much toward what is known as "git thar" principles in all of our lines of sport to-day. A crew endeavors to row in a shell before learning the principles of the stroke; our boxers are apt to go in for the swinging, knock-out blow at the sacrifice of the more old-fashioned, but better form, sparring; but in none of these forms is it more evident than in the one under discussion, namely, foot ball. It is not at all uncommon to see a team playing intricate criss-crosses, double and forward passes and concealed ball plays, whose men are still tackling high, and whose half-backs kick a punt from low down on the toe. To every reader of this book then, I say with the heartiest good will, master the rudiments



No. 1.

LEGAL POSITION OF BALL BEFORE BEING PUT IN PLAY IN A SCRUMMAGE.

The ball is *flat* upon the ground with its *long axis* at *right angles* to the *line of scrimmage*. (See Rule 5. b.)

first if you wish to make yourself valuable to any team; master them thoroughly if you wish to see your team win when it comes to important matches. These special plays which follow are plays which captains and coaches can work out to an almost infinite number of variations, but it will be the individual players on the team who will, in the end, determine whether the use of these plays will turn out successfully.

Under the present rules, whenever a free kick is attempted, it must be an actual kick of not less than ten yards into the opponent's territory. For this reason all the flying wedge opening plays of some years ago, as well as formed wedges from fair catches and kick-outs have disappeared. The captain now has to perform the principal part of his strategic play, outside of the kick, from ordinary downs, instead of from what have been called "free kicks," but what have been really "free wedges." Furthermore, the more recent changes in the rules make one of the prime essentials of a good team proficiency in running, short passing and quick kicking from regular formations.

I, therefore, begin with running in the line. By this I mean running by any one of the seven men forming the forward line in the team. Some years ago there was a great deal of guard running, and in a good many books published recently on the game, the guard is spoken of as by all odds the most available man in the line for running with the ball. That is true to this extent. The guard occupies a good position for short and, perhaps, unexpected runs, but with the modern game the guard is such a feature in the defensive work that it has become a good deal of a question whether he ought to be given much running to do on his own account, and especially as he must now, from his position in the line. He can no longer be taken back into what is known as the guard-back formation. But if the reader will bear this in mind, and so not make use of his guard except to such an extent as shall still preserve the guard for his ordinary work, one can say that he has in these guards two available men in the line. The most natural run for the guard or tackle is between the tackle and guard on the other side of



No 2.

ILLEGAL POSITION OF BALL BEFORE BEING PUT IN PLAY IN A SCRUMMAGE.

The ball is neither *flat* upon the ground, nor is its *long* axis at *right angles* to the *line of scrimmage*. (See Rule 5, b.)

the line from which the tackle stands. In the performance of this run, the principal feature is to disguise the fact that the tackle is about to start, and his getting a quick and free start, not followed, or followed at a considerable distance only by his vis-a-vis. In order to do this he must form the habit of holding himself in the same position when he is not going to make this run that he occupies when he is going to undertake it, for any difference will indicate to his opponent what the play is to be. But, breaking away, he runs closely behind the quarter-back, taking the ball on the fly as he passes, and making a short and sharp dash in between his own guard and tackle, or preferably just about over the tackle's position, who, with the assistance of the half and full-back, one usually preceding and the other following, break through with him, his own quarter-back and end protecting him from behind, also closing in upon him as he goes through. A tackle can also be run in a similar fashion between the tackle and end, guard and centre, or even entirely around the end, but this latter play is of no great value except with particularly fast tackles, and more than that, it uses up the tackle's wind a good deal more than when he goes through the line, because the interference is likely to stand out pretty well toward the edge of the field, and the tackle will run his full distance and not be able to get through the end after all, thus having taken a considerable dash and under high speed and with no good result, but merely the loss of a down. In defining the tackle's running, I have also defined the running of the guard where he goes around behind the quarter in a similar fashion. These plays are strong where the guard is a big man and a hard runner with good legs. A fat man is useless in such a case. The University of Pennsylvania performed some very excellent work in dropping guards back as interferers, and also in giving the guards themselves the ball occasionally. The ends may be used exactly as the guards or tackles in running, or they may be dropped back of the line into practically the half-back positions, and transferring positions and alternating with the half-back taking the ball.



No. 3.

ILLEGAL POSITION OF BALL BEFORE BEING PUT IN PLAY IN A SCRUMMAGE.

The ball is neither *flat* upon the ground, nor is its *long axis* at *right angles* to the *line of scrimmage*. (See Rule 5, b.)

One of the most effective plays ever worked was that in which the end-rusher was dropped back of the line and sent in between the tackle and guard repeatedly, on his own side, the ball being passed to him quite a little distance from the quarter; then suddenly the same play was made, and the ball was passed directly over the head of this end-rusher to the half-back, who had crept out beyond, and who thus took the ball in a free field and made a free, long run. This was repeated again in the same game, showing that the play itself was good even to be used more than once. The above plays are also assisted by special formation, the players taking positions on signals.

Other runs which are possible by the line men are, of course, criss-cross and double passes. One example of these criss-crosses will illustrate sufficiently to enable a captain or coach to carry out a great variety of them, using every man in his line if he wishes.

For instance, the tackle and half-back criss-cross. As in the instance I described of the ordinary tackle run, the tackle—say the left tackle—suddenly shakes himself free from his opponent and dashes straight at the quarter, a few feet behind him, of course; the quarter passes him the ball as he reaches him, exactly as though the left tackle were then going around between the right tackle and the guard. But instead of doing this, the left tackle passes to the right half, who runs to the left end, the half, full-back and quarter all interfering for him. The great point in this play is to see that the opposing right tackle does not get the runner as he starts off to get the ball, and furthermore, that this right tackle and right end are blocked late but long. Such a criss-cross can also be worked with the end, and with the guard it can also be tried to turn either inside or outside of the end. So much for the line men running. Wing shifts or line shifts, that is, plays wherein one side of the line shifts just before the ball is put in play over to the other side, are also becoming increasingly common.



No. 4.

ILLUSTRATION SHOWING THE TWO LINES OF SCRUMAGE, ONE FOR EACH SIDE.
Also showing the snapper-back with his *head* and *hands* legally off-side. (See Rules 5, c, and 9, b.)

Next we come to the half-backs and full-backs. Every one is familiar with the following plays, which we only mention in order to call them to the attention of the captain who is studying out in the early part of the season what plays he shall make the most of. The half-back running on his own side between any of the various men in the line; the half-back running between any of the men on the side away from his own side; the full-back running on the right side or the left side through the same openings and under the same circumstances and with practically the same interference, for in the modern game the captain is wise who uses his three men behind the line in such a way that any one of them may perform any of the various plays devised for the backs, and then maintain a similar formation, no matter what the play is to be. One cannot too strongly deprecate the exact detailing of certain movements in certain plays to get through or block or to take care of particular individuals when that move leads to the betrayal of the play before it has actually come off. The cardinal points to be remembered regarding running by the half-backs and full-backs are these: That the interference must depend upon the speed of the men engaged, and that no interference should be such as to slow up the runner appreciably, unless it be for some trick play or double pass where the slowing up of the runner means merely his being caught after getting rid of the ball. I have seen many a good team spoiled by their attempting to follow out a set rule as to the order in which interferers should reach the end. For instance, in the days of Heffelfinger, he showed how a guard could readily go from his own position out to the opposite end, and before the runner, and interfere most nobly for him all the way down the field. For this reason every guard was at once coached to go out and interfere on the end. Three out of five were too big and slow to accomplish this to any advantage, but that did not seem to make any difference. Somebody had written that the guard should interfere on the end, and the result was that everybody had to wait until the guard got out there. Meantime, the runner was usually caught from behind. A good guard who can pick up his feet lively, and who can get around quickly and easily



No. 5.

LEGAL POSITION OF PLAYER SUPPOSED TO BE ON THE LINE OF SCRIMMAGE.

Player No. 1, since he is one of the two players standing on either side of and next to the snapper-back, has legally locked legs with the snapper-back. (See Rule 5, c—Note 2.)

ILLEGAL POSITION OF PLAYERS SUPPOSED TO BE ON THE LINE OF SCRIMMAGE.

Players numbered 2 and 3 are not standing with both feet outside the outside foot of the player next to them, that is, they are illegally "locking legs." (See Rule 5, c—Note 2.)

after blocking, can get out before an ordinary fast runner. So, too, can the opposite end. This season it is not unlikely that the man who is allowed to play back of the line, provided he is outside the position of the man on the end of the line, will be that used as an interferer. Some teams use the tackle here, but this is a mistake, because the tackle should slow up the opposing tackle and should also make the play safe from behind. A team ought not to have a quarter-back who is too slow to get out to the end as an interferer before the back with the ball reaches the other point. But for all that there are quarter-backs, and good ones, too, who are a little slow in this and hold back the runner. These men should either be coached into better speed or taught a little different way of getting rid of the ball on the run, perhaps, or be sent to perform the tackle's duties, and let the tackle get there if the tackle is a remarkably fast man; otherwise such a transfer would only make bad worse. From what I have already said the captain can see that he must measure his interference by the speed of his interferers, and match them with the speed of his runner with the ball in order to satisfactorily solve the equation for his own team. It is the captain of brains who wins by doing just these things, while the captain without them takes the hard and fast rule that has been laid down by some one, perhaps of his own team, who has written an article from the knowledge of only one or two teams, and thinks that all can be brought up to exactly the same point in the same way.

Regarding going through the line close to the centre by backs (and by backs I mean the half-backs as well), there are two ways of helping a man through the line. One is to batter a hole before him and let him slip through, and the other is to put him up against the line and then push him so hard that the line has to yield and let him through. There are line plays which combine a variety of these tactics, but there are some principles to be remembered in connection with them which will give them something more than a careless "hit or miss" move. In the first place, a big, heavy man should never be run into the line with one or two light interferers preceding him, whereas a light man can be



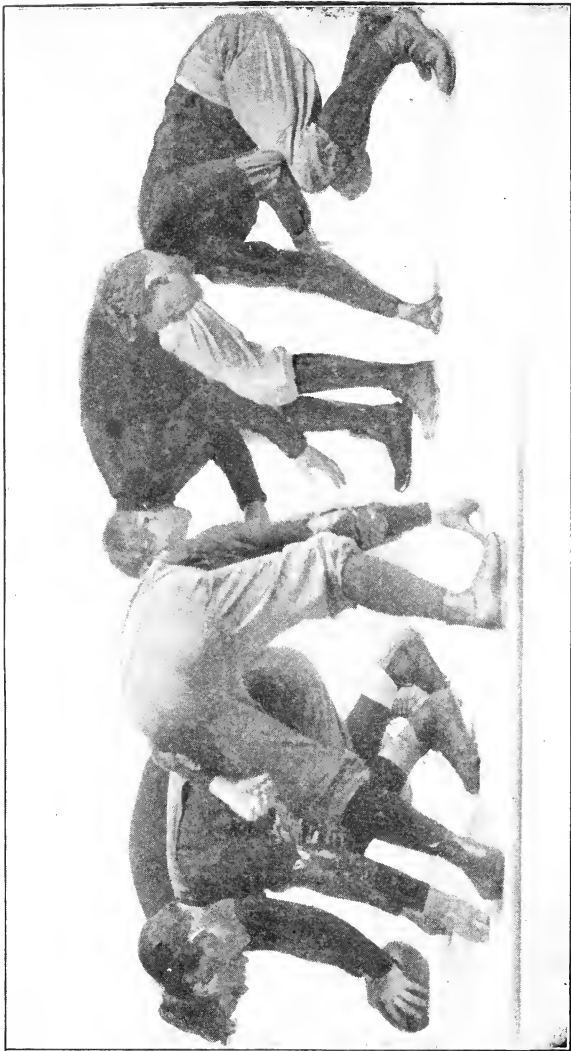
No. 6.

ILLEGAL POSITION OF PLAYER SUPPOSED TO BE ON THE LINE OF SCRIMMAGE.

The player facing the reader has neither *both hands* nor *both feet* up to or within one foot of the line of scrimmage, nor has he *one foot* and the *opposite hand* up to or within one foot of it. Furthermore, he has taken a position, facing away from the center, that will enable him the more rapidly to get into the interference. (See Rule 5, c—Note 2.)

run in behind two heavy men with abandon. The reason for this is that there are times when the hole will be choked up in spite of the attempt of the interferers, and a heavy man getting his head down may strike one of the interferers in the back and incapacitate him for further work. It is not so apt to hurt the runner as it is the man whom he strikes, although there have been cases of injury to the runner. When the hole is choked up, and heavy men are interfering, they can usually keep the mass moving away from the runner, even if they do not open the hole for him, and this play is much less hard and far less dangerous. In sending two light interferers ahead to spring an opening for the runner, it should be borne in mind that an opening made in this way is a quick, sharp one, and should not be called upon to rely for its efficacy upon steady pushing. An opening, on the other hand, made by two heavy men in this fashion can be much smaller and rely largely upon the accumulated force even after the runner strikes the line. The men who go ahead to interfere must always remember if they have to go down to fall away from the opening and not block it up. The men who run behind the runner should always remember that it is their duty not only to protect him from behind and push and crowd him when he begins to slow up, but never, under any circumstances, to interfere with his legs. Careless men going behind a runner will oftentimes step on his heels and throw him when the runner left to himself could have made his distance. The ends are particularly serviceable in this pushing work, and there are very few ends at the present day who do not understand their half-backs and backs so well that they can go up with them into line and give them courage and assistance by pushing after they have struck the line.

To come now to the wedges or mass plays. Owing to the prejudice of the public and the feeling that wedge work was taking too much of the attention of the players, captains and coaches, the rule-makers attempted to eliminate a great deal of this work by the passage of a rule against momentum-mass plays as well as the passage of a rule insisting upon actual kicks. This latter rule I have mentioned earlier in this book. There is no



No. 7.

ILLEGAL POSITION OF PLAYER SUPPOSED TO BE ON THE LINE OF SCRIMMAGE.

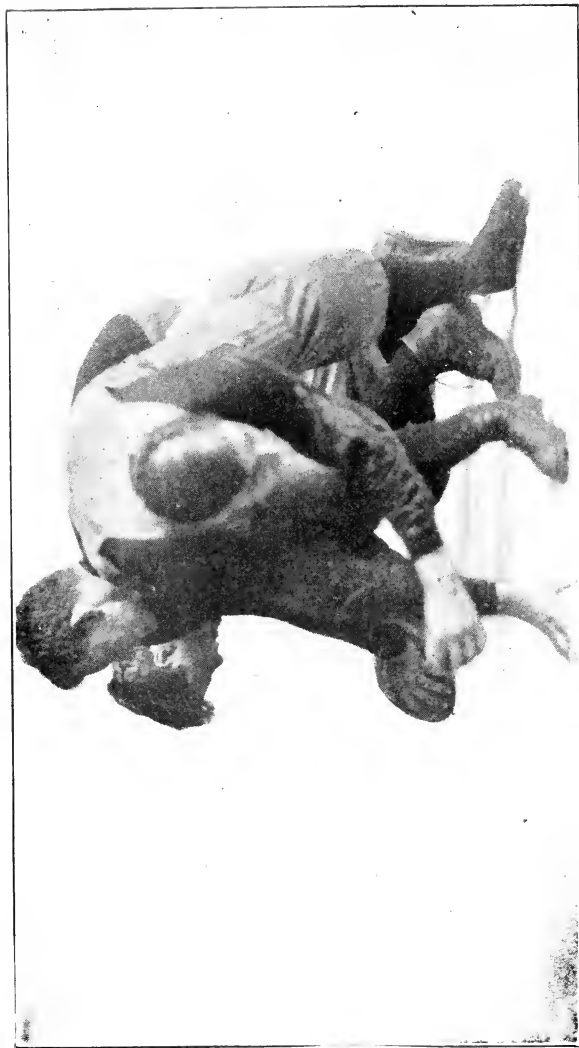
The player standing back to the reader has neither *both hands* nor *both feet* up to or within one foot of the line of scrimmage, nor has he *one foot* and *the opposite hand* up to or within one foot of it. Furthermore, he has taken a position, facing in toward the center, that will enable him *the more rapidly to get into the interference*. (See Rule 5, c—Note 2.)

question but that this has done away with a great deal of the most showy part of the flying wedge, but rules against momentum-mass playing had not and are not likely to eliminate the use of the principle of wedges. They took off the weight which it was possible to get into these wedges, and in that way were an excellent thing, but it required more severe legislation to eliminate all mass plays. This, it is hoped, has been accomplished by the ten-yard rule.

The development of the position of quarter-back, so far as running is concerned, has been toward the old rules, when many years ago it was possible for the man receiving the ball from the snap-back to carry it forward. Some two years since a rule was enacted again permitting the quarter-back to run, providing, however, he went out at least five yards from the point at which the ball was snapped. The first season this permission did not offer any very great developments along the line, but last year it was tried with far more effect, and like any other play of this nature, seems to be developing in the hands of the coaches and players until it promises to be a considerable feature of the game. It is interesting, because it admits of one more possibility, and a run of this nature when it is thoroughly successful develops into spectacular play which pleases the spectator and demands one more qualification in a quarter-back.

There are several methods of effecting this play, and although naturally it is difficult to bring it off unless it is brought off unexpectedly, it does lend itself to the development of interference. The usual method is for the interference to circle outside of tackle, the quarter-back protected by the interferers making a very direct run out toward the end and circling as his interferers turn in.

Another method is for the ball to be passed back apparently to the full-back for a kick, and he acting, as will be seen, as a quarter-back, may run with the ball out around the end or anywhere, so long as he passes the line of scrimmage at least five yards out from the point where the ball was snapped. Forward passing by any man back of the line is allowable this year, pro-



No. 8.

ILLEGAL POSITION OF PLAYER SUPPOSED TO BE ON THE LINE OF SCRIMMAGE.

The player in the foreground may be said to have *both hands*, or *one foot and the opposite hand*, up to, or within one foot of the line of scrimmage, but he has taken a position *that will enable him the more rapidly to get into the interference*, and is therefore violating the spirit of the rule. — (See Rule 5, c—Note 2.)

vided the ball crosses the line of scrimmage at least five yards out from the point where it was put in play. This will be used quite like a quarter-back kick and promises to develop some very interesting features.

To come to the last point of this brief summary of plays, namely, kicking. This department under the present rules becomes still more important. The special points about kicking will be the accurate placing of the ball and the acquirement of short and long-distance punting as well as place kicking. Kicking into touch, where admissible under the rules, should be made much more of, and it is becoming absolutely necessary for a team to have good punters and quick, sharp kickers in order to take advantage of certain modifications in the laws of the game. To go into the details of these kicks would be an almost infinite task, but the captain can study out the situation from the following premises: A kick is absolutely necessary at kick-off, kick-out and every fair catch. What kind of a kick then will be most advantageous to his team? A short one, high, where his man can get under it, or a long-distance one, giving the opponents a chance, perhaps, of return, but enabling him, if he has fast ends, to hold the ball down at the distance of the kick?

Kicking has thus come to be an absolute essential in a well-rounded team, and the style of that kicking adapted to the make-up of the individual components of that team in end rushes, tackles and backs.

The new rule providing that when a kicked ball strikes the ground it puts everybody on side will lead to many short punts over the rush line, and a general development of kicks similar to those formerly known as quarter-back kicks.



No. 9.

VALID SIGNAL FOR A FAIR CATCH.

The player, while advancing toward the ball, has *raised his hand clearly* above his head. (Rule 5, *d.*)

PLAY OF THE BACKS

BY W. T. REID, JR.

Full-back Harvard Foot Ball Team of 1899 and Head Coach
Harvard 'Varsity Foot Ball Team for 1905



Properly speaking, the term "backs" refers to the quarter-back, the two half-backs and the full-back. This article, however, will deal only with the three latter positions, leaving the very technical work of the quarter-back to some other writer.

The three backs, as we shall term them, are closely associated in everything that they do. On the offence they alternate in carrying the ball and in pushing each other along, while on the defence at least two of them, and sometimes all three, are called upon to reinforce the rush line. And they are usually of about the same size and weight.

With all these points of similarity there is much that belongs to each separate position that goes to make it unwise for a back to attempt to play in more than one position. For instance, if the right half attempts to play at left half he must accustom himself to the use of the right side of his body in interference instead of his left, to starting toward the right side of the line for many of his main plays instead of to the left, to receiving the ball from the quarter-back from another angle, and in general to an almost exactly opposite way of doing things from that to which he has been accustomed. From these observations it must be clear that while the duties of the various positions are just different enough to make it unwise to change players about, they are nevertheless so nearly alike fundamentally as to make it possible to deal with them as a whole, thereby saving much repetition and unnecessary explanation.



No. 10.

INVALID SIGNAL FOR A FAIR CATCH.

The player, while advancing toward the ball, has *not raised his hand clearly* above his head. (See Rule 5, *d.*)

QUALIFICATIONS.

The mental qualifications of a good back are first of all that he shall enter into his work with the proper spirit. Unless he has this spirit—that is, unless he is willing to subordinate his personal wishes to the general welfare of the team, and what is more, to do so heartily and enthusiastically—he cannot hope ever to be a great player, even though he have marked individual ability along every line of play. Team play is the essence of successful foot ball, and he who is looking first of all to his own interests will never make a “team” player; he will not contribute his share to the *esprit de corps* of the backs, and he will never “fight” for all he is worth from the beginning of a game until the end.

Besides having the proper spirit he should be heartily co-operative; he should be full of aggressiveness both on the offence and defence; full of sand and grit, and imbued with a reasonable amount of judgment. Physically a back should be compactly built, strong and quick, never slow nor clumsy, and should weigh anywhere from 170 to 190 pounds. Formerly it was not necessary to have such heavy backs, owing to the fact that one or more linemen could always be used to do the heavy line-breaking work. Now, however, when the ball must be carried over the greater portion of the field by a limited number of men—the necessity for heavy, powerful backs to do this, must be evident. In earlier days, before the defensive side of the game came to be so well understood, and before special styles of defence were devised to meet special forms of offence—it was generally planned to have at least one of the backs a good end runner. This provision is not so important now as it once was, owing to the fact that end running is no longer practiced with old time success. The defence has mastered the end running game, unless indeed it consist of skillfully devised deception. In its place has come the demand for heavy line buckers and plungers. Hence, it is well for teams of to-day to choose for backs, those men who can as nearly as possible perform the task of the linemen of the past two or three years. If, in meeting these requirements, an end runner turns up—well and good. The aver-



No. 11.

ILLUSTRATION OF TRIPPING.

The player wearing the sweater is obstructing the other player with *that part of his leg that is below the knee.* (See Rule 5, m.)

ge end-running of the present day is quite as likely to lose ground as it is to gain it, and this is particularly true when the opposing tackles play well out from their guards. Of course end runs will always be used strategically, to prevent the opponents from concentrating their defence on the bucking, but very seldom with the idea of making consistent ground. Finally, the back should have the knack of not getting hurt. Some men have this to a marked degree, and almost never get hurt, while others are equally unfortunate and are constantly being injured. As team play is dependent upon "drill," and that in its turn is dependent upon the individual, it is easy to see why an "immune" back is most desirable.

EQUIPMENT.

As a general rule less attention is paid to the question of equipment than to almost any other subject connected with foot ball. This is particularly true of the novice, who is likely to enter his first game only half supplied with proper clothing, and who is more than likely to come out of it in an unnecessarily battered condition.

A player cannot provide for himself too well. Not that I favor bundling up all over with heavy pads, protectors, etc., but that I do believe in affording ample protection to those spots where experience has shown the greatest number of injuries to occur.

The player should see to it that his shoes are well suited to his own peculiar needs. They should not be too thick, too thin, too heavy nor too light. They should cover his ankle bones and be provided with a good soft tongue to protect his instep from the shoe-lacing. The cleats should be long or short, many or few, broad or narrow, according to the work the back expects to do. In case he plans to do kicking a box toe may be necessary.

Besides his shoes the player should wear some style of ankle supports. These should fit well, should be well sewed to prevent ripping, should not be of too heavy material, such as will tend to stiffen the ankle too much, and should not be laced too tightly. Such supports will save the ankle many a severe wrench.

Suits should be made of light-weight material. Trousers are frequently worn without a jacket. In such a case every care



No. 12.

LEGAL USE OF BODY IN BLOCKING.

The player on the right has thrown his shoulder against his opponent's thigh to block him away from the play, but is not using his hands or arms.
(See Rule 12, a.)

should be taken that the weight shall hang from the hips and that the belt shall not hinder breathing. The latter point is a very important one. In case a combination suit is worn care should be taken that the weight of the suit is borne by the hips rather than by the shoulders. The trousers should be well padded at the knees, and in such a way that the pads come over the knees instead of above or under them. The front of the thigh should be protected from "charley-horse" by shin guards inserted in the trousers, and the hip joints should be well protected by ample pads.

The jersey should be provided with pads at the elbows and on the shoulders. In each case they should be large enough so that a slight shifting of the jersey may not expose the tender spots. The under side of the jersey under the arm-pits should be lined with linen or chamois skin in order to keep the dye from getting into any chafing that may happen there.

A plain head gear is a good thing as a protection to the scalp, and a nose guard a good thing after an injury to the nose or teeth, otherwise it only shuts off the air and renders a player timid in case it gets torn off during scrimmage.

FUNDAMENTALS.

Too much emphasis cannot be placed upon the necessity for thorough drill in fundamentals. These fundamentals consist in falling on the ball, passing it, kicking and catching it, and carrying it. To these may be added starting, tackling and interfering.

"Falling on the ball," or more properly speaking, falling around the ball, should be practiced while the ball is at rest, and then while it is in motion, to the right, left, front and rear. In any case the player should be very careful not to dive at it in such a way as to drive the top of his shoulder into the ground, when a bad bruise or injury is likely to result, nor should he ever attempt to fall flat upon the ball, this to prevent his having his wind knocked out or his chest injured. Instead, he should fall either so that his weight shall be on his elbows or knees, or else so that his body at his waist is doubled up around the ball, which he should hug close with his hands and arms.



No. 13.

ILLEGAL USE OF HANDS BY PLAYER OF SIDE IN POSSESSION OF THE BALL.
Player is *grasping* with his hands the foot of an opponent. (See Rule 12—Note 1.)

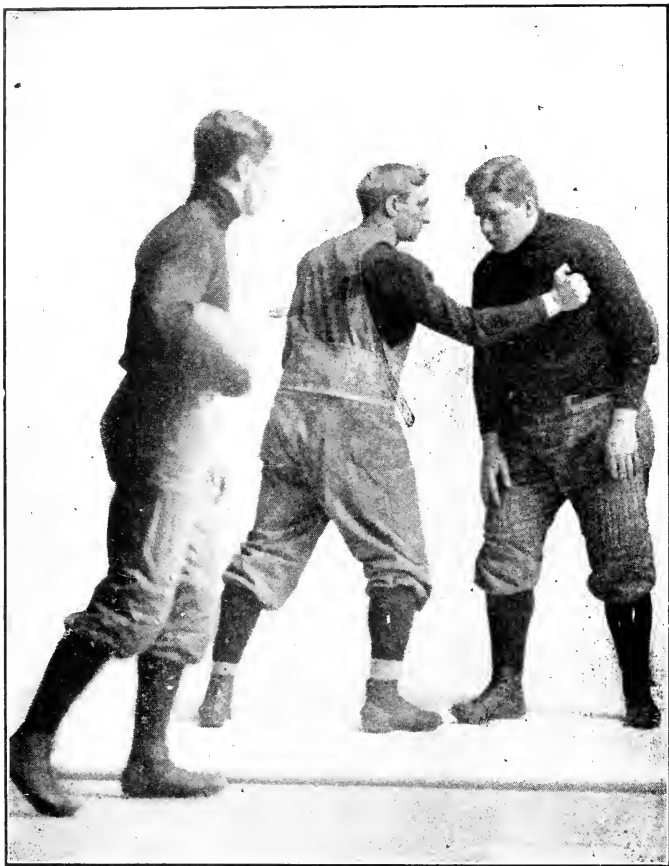
In diving for the ball the back should dive as near to the ground as possible, thus preventing an opponent from getting in under him. He should always see to it that his body is between the ball and the direction in which it is moving, or between the ball and an opponent. These points make for added safety and protection.

Backs should have enough practice in passing balls to feel thoroughly at home with them. This is especially true under the new rules. They cannot be sure of this unless they handle new balls, wet balls, old balls and dry balls, and unless they handle them incessantly.

Unless this is the case a team is likely to find itself without a kicker, perhaps in the midst of some important game. And the ordinary need for a kicker has been increased greatly by the changes in the rules, which make it necessary to advance the ball over the central portion of the field, with only four men behind the line—which is, of course, a much slower and less powerful way than that practiced year before last. Here it is that a superior kicker can be of inestimable service to his team—since in no way can big gains be so quickly or easily made as through the kicking game. Therefore it is of the greatest importance that as many of the backs as possible should be good kickers, or at least punters.

Indeed a good kicking game if successful is certain to bring with it quicker and more frequent scoring than almost any other style of play. This is due, of course, to the enormous distances which good kicks cover, together with the consequent saving of time and energy. Even more attention should be devoted to catching, for almost nothing in foot ball may result so disastrously as a bad fumble in the back field. Unless a back is sure at catching, or shows signs of becoming sure, with practice and experience, he should never be allowed to attempt catching. Bungling work in the back field is the most demoralizing thing than can happen to any team.

Carrying the ball is the main function of the backs, hence the need of knowing how to carry it safely. This depends upon the way in which the ball is held. For end runs one end of the ball



No. 14.

ILLEGAL USE OF HAND AND ARM BY PLAYER OF SIDE IN POSSESSION OF THE BALL.

The middle player of the group, in endeavoring to protect the "runner" behind him, has *grasped* an opponent by the jersey. (See Rule 12—Note 1.)

should be tucked under the arm—not too far under, so that it can be knocked out—while the other end should be firmly grasped and covered with the hand. In bucking, the ball should be held in the pocket formed by the stomach and legs, as the runner crouches, with both hands, though in case a back feels that he has the ball secure there is no reason why he should not use one hand to ward off opponents. In the case of end runs the back should be prepared to ward off runners with either hand, changing the ball when necessary from one side to the other. And whether bucking or running, a back should never allow himself to loosen this hold on the ball, owing to the necessity of giving much attention to passing some particular opponent. The grip on the ball should be automatic and vise-like. Where a back is uncertain of his hold he may get good practice by bouncing a ball against a wall and then clapping it at once into position on the return.

It is of course necessary that the backs should tackle and interfere well. This means that they should both tackle and interfere low—the only difference between the two being that in case of a tackle the runner takes hold of his man, while in the interference he does all that the tackler does except take hold. A high tackler or interferer has no place behind the line, particularly in these days.

Finally, no back can be effective who does not start quickly. An offence which is so slow in reaching its object as to allow a concentration of opponents at that spot before the play hits is of course worthless. The attack must be quick and hard. For this reason the backs should constantly practice getting off quickly and getting up their maximum speed instantly. There are several ways of starting. Some backs stand in a crouching position, with one foot a little in the rear of the other, and with the knees turned well in. This enables them to start to the right or left or to the front without a moment's loss of time and with great initial power. Other backs assume a sprinting start. The sprint start position, with only one hand touching the ground, and that only sufficiently to steady the runner, is at the present time generally conceded to be the most effective. Both ways are good; in fact, any way is good that will enable a back to get off



No. 15.

LEGAL POSITION IN BLOCKING.

The player facing the reader has slipped his leg in between the legs of his opponent, but is not using his hands or arms to hold him there.

NOTE—This case shades very rapidly into that indicated on plate No. 16. (See Rule 12, *a.*)

quickly and in any direction. The things to be avoided are a momentary straightening of the back at the instant of the start, and a short backward step. In case the latter step seems necessary the back should take his position with one foot back to begin with, thus making it unnecessary to take an additional one. There should be no backward motion of either foot.

In general, backs should exercise extreme care to prevent unevenness in starting. Starting too soon or too late is only productive of fumbles and offside play, to say nothing of the upsetting influence which it produces throughout the team.

Along with his fundamentals, every back should spend considerable time in learning the rules of the game. This part of the work is often entirely neglected, and much to the detriment of the individual, for how can a man play a game well or intelligently when he does not even know the rules governing the game? It is an altogether too common sight to see teams let opportunities slip through ignorance of the rules; indeed, such ignorance has on more than one occasion actually cost a team its game, and such neglect has even existed in some of the larger university teams.

A foot ball player is frequently called upon most unexpectedly, to decide instantly upon some question of the game, and just as frequently his decision or lack of decision enables him either to do the right or the wrong thing and thus either secure an added advantage or else precipitate an added disadvantage upon his side.

Every back should be absolutely familiar with the distinctions between a "safety," a "touch-back" and a "touch down." He should know what constitutes a "fair catch"—what a violation of it, and so on throughout the rules.

And after the rules have been mastered, a player should be told to make his play always, in case of doubt—and *then* refer to the officials—and under no consideration to stop because he hears a whistle blow or because he hears some one yelling for him to stop. A player can never make a mistake in carrying out this suggestion, and may, on some occasion, save himself a bad blunder through a misunderstanding.



No. 16.

ILLEGAL USE OF HANDS AND ARMS IN BLOCKING.

The player facing the reader has slipped his right leg in between the legs of his opponent, and is *holding* his opponent's right leg against his own by the *use of his hand and arm.*

NOTE—The use of the leg, here pictured, is legitimate. (See Rule 12—Note 1.)

OFFENCE.

The position of back is one of the most exhaustive ones in all foot ball. At no other position is there so little opportunity for rest or let-up. It is go, go, all the time, first with the ball, then in the interference, then on defence. It is necessary, then, that a back should always be in the very best of condition, never overworked, always full of vigor and life. It is better to underwork a back than to overwork him.

Of the two half-backs on a team it is generally planned that one shall be a good end runner, the other a good plunger or buckler. Such an arrangement gives more all around possibilities to an eleven, particularly where there is an opportunity for broken field running.

On the offence the position of the backs will depend upon the style of game that is adopted. Sometimes they are played a full five yards behind the rush line, on other occasions they are played a scant three, while on still other occasions they form at even greater or less distance. The possibilities of formation are never ending, especially under the new rules allowing forward passing. When in position, and just previous to starting, the backs should take every precaution to prevent giving the direction of the play away by unconscious glances, movements or "leanings." It is also well for the back to save himself whenever he can from the nervous tension of prolonged waiting. Many backs subject themselves to some such strain by getting onto their toes several moments before the ball is to be put in play, or by not "letting up" at the call of "time." This may be avoided if the back will "key himself up" just at the last moment. But above all a back should be steady. He should never in all his play slow up for his interference, or even allow any other back to be slowed up by dilatoriness on his own part. He should start instantly and "dig"—never letting up an instant for anything. He should play with indomitable spirit. If he fails to



No. 17.

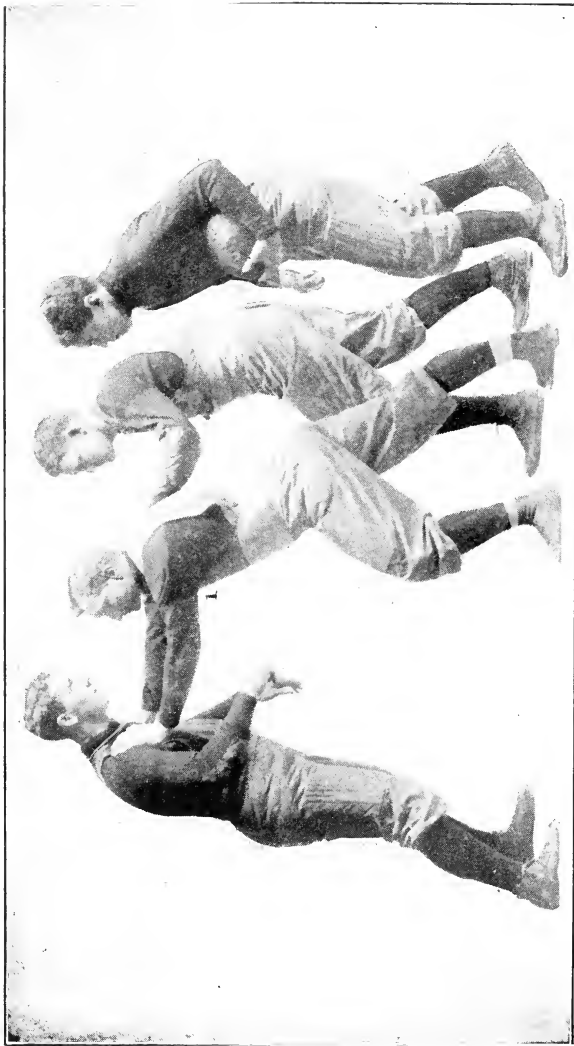
ILLEGAL USE OF ARM BY PLAYER OF SIDE IN POSSESSION OF BALL.

Player No. 1, in endeavoring to obstruct an opponent, is using his arm to push an opponent away from the play.
(See Rule 12—Note 2.)

gain the first try he should grit his teeth and *make* it gain the second.

In end running a back should be careful not to run too close to his interference when in case the interference is upset he is likely to fall over his protectors. Instead he should run with a little interval between himself and his interference, thus giving himself a chance to see where they are going and to take instant advantage of any upset. Where possible it is well for a back to run low so long as he can see where he is going, for by so doing he is likely to cause his opponents a moment's delay in locating him. When tackled he should aim to fall forward. To this end he should run with his body slanting forward, where it is exceedingly difficult for an opponent to overcome the combined power of gravity and the player's efforts. After falling, a back should never hold the ball out at arm's reach, as there is danger that it may be stolen from him.

In bucking, one of the very important points to be kept in mind is that of keeping the eyes open. A back who closes his eyes as he makes his plunge is likely to fall flat on his face when an opening in the line presents itself suddenly where he had expected to find the passage choked. A back should never allow himself to hesitate or slow up as he strikes the line, he should strike it while at his maximum speed. A back may run high or low, according to circumstances, particularly so long as he keeps his feet—a most valuable quality. It is also wise for the back to take short steps, as in this way he is not so likely to find himself too much spread out where the footing is hardly firm and where it is almost impossible to get his feet under him in case of some sudden shove or push. The legs should accordingly be bent as the back strikes the line, because in this way he is able to exert much lifting power in case of need. The arms and hands should also be used to make progress. Many backs lose much of their effectiveness because they utilize only a portion of their power. The feet should ordinarily be kept on the ground, because only when they are there are they of much service. When, however, there is an imperative need of making a gain of a foot or so the back had best dive at the line—**thi•**



No. 18.

ILLEGAL USE OF HANDS AND ARMS BY PLAYER OF SIDE IN POSSESSION OF BALL.
Player No. 1, in attempting to obstruct an opponent, has placed his *hands* upon an opponent to *push him away from the play*. (See Rule 12—Note 2.)

being especially applicable to the full-back. Hurdling is now absolutely forbidden. When downed after a buck—or after any play, for that matter—a back should instantly straighten out so that there are no doubled up joints for succeeding players to fall upon. Where a back is attempting to assist a fellow player along he should aim to get him low and boost him along with the shoulders, rarely with the hands. And under no circumstances should he give him a final shove in the neighborhood of the shoulders, for this is certain to cause the runner to topple forward. In case a back is tackled and seems about to fall a fellow player can often be of great service if he will grasp the runner by the arm or elbow, and at the same time that he holds him up pull him forward. It frequently happens in such a case that the runner will shake off the tackler and make an additional gain of several feet or even yards before being finally downed.

In attempting line bucking the back should keep his chin close in to his neck, so as to prevent having his head twisted back over his shoulder, and he should also buck with the muscles of the neck held tense. This will tend to prevent bad wrenches of the neck and possibly injury to it. When in the midst of a line-bucking play which has resolved itself into a pushing contest between the two teams, the back should seek an outlet at the point of least resistance, usually to be found by feeling his way in different directions, and in general, a back should not raise his head until he has wholly cleared the secondary defence, as in this position it is very difficult for opponents to stop him, unless they have a clean chance for a tackle.

In case a back feels any doubt about the signal for a play, he should at once call out: "Signal." Otherwise collisions, fumbles and confusion will result. And no matter what a back thinks, he should invariably follow out the signal. The fault is not his if the play does not gain, but it is absolutely his fault if he does not go where he is directed. This rule should be absolute.

Another rule which should be invariably followed is that of never running back. It is a back's function to advance the ball. If he is unable to do so he should at least never lose ground.



No. 19.

ILLEGAL USE OF HANDS AND ARMS BY PLAYER OF SIDE IN POSSESSION OF THE BALL.
The player, in attempting to obstruct his opponent has *circled* him with his arm. (See Rule 12—Note 3.)

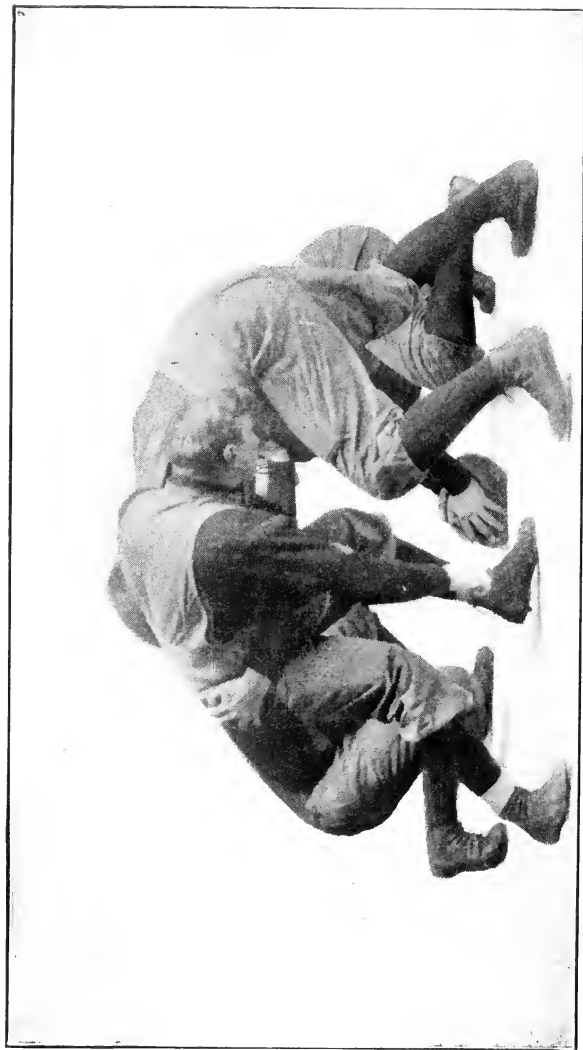
If a back fumbles he should fall on the ball at once, never attempting to pick it up unless it bounces high. Attempting to pick up a fumbled ball is only making a bad matter worse. A back is responsible for the ball if it comes to him, and he should always remember that the possession of it is of the first importance.

It is the half-back's duty to afford proper protection to his kicker. He should afford it. He should also be reliable in getting any particular opponent who may be assigned to him to keep out of a given play out of the play. He should put his entire strength into every play and should always have his "nose on the ball." He should follow it everywhere. Mr. Forbes has hit the nail on the head in this respect when he says: "A man's value to his team varies as the square of his distance from the ball."

In the midst of play, whether on the offence or defence, the backs should see to encourage each other by a word, a touch or a look. Such simple though effective aids to thorough sympathy and harmony between them should never be overlooked. A hearty word of confidence spoken immediately after a bad fumble or other blunder will always cause the unfortunate player to put new life and determination into his work, while a bit of cutting sarcasm will drive him to anger or else dishearten him. When off the field a back should never allow himself to make unfavorable comments on any of his fellow players, unless indeed it be to the coach or captain. Nothing is so likely to spoil relations among players as criticism—offered behind the back. Certain annoyances should be borne for the sake of the team, even though they may be at times very exasperating. When a fellow back or fellow player is injured and confined to his bed nothing will so contribute to hearty relationship as frequent calls and anxious solicitation for recovery.

DEFENCE.

On the defence the backs and ends will have much to look after. Each has his particular station behind the line, with its primary



No. 20.

ILLEGAL USE OF HAND AND ARM BY PLAYER OF SIDE IN POSSESSION OF THE BALL.
The player, in obstructing his opponent, has *circled* him with his arm and *grasped* him with his hand. (See Rule 12—Note 3.)

and secondary responsibilities. Just what these positions are, whether far from the rush line, near to it or in it, must depend upon the style of game that is being played. Suffice it to say, however, that all styles are planned to the same end—to stop opposing plays.

As a rule the backs are so distributed as to most broadly cover the possible openings at which opponents are likely to direct their plays. Consequently as the opponent's offence varies, so should the defence. Sometimes it seems well to attempt to meet opponents behind their own line, at other times to meet them at the line, and on other occasions still to meet them behind your own line. Again, a back is sometimes held responsible for a run around the opposite side of the line from that on which he is stationed, so that the various combinations of responsibilities, due to the tactics of any particular opponent, are never ending.

Ordinarily the backs are looked upon as forming a secondary line of defence. In such a case they must exercise great care not to get drawn into a play too quickly, and yet they should be equally careful not to wait too long before attacking the play. A back who waits too long is as bad as one who goes in too early. A happy medium is what should be aimed at, and it can be obtained only by constant practice and vigilant watchfulness. To exercise this vigilance the back must needs stand high enough to see where the play is going, and at the same time not be so high as to allow of being struck by an opponent while in an extended position. The instant a back sizes up a play he should get as soon as possible to the point of attack, watching carefully for trick plays, short kicks and forward passes all the while. A back will seldom be fooled by such plays if he will always keep a close eye on straggling players, and remember that the ball, not the motion of any mass, indicates the point of attack. Once a back has decided to attempt to head off a runner or a play, at a certain point, he should get his eye on the man with the ball and keep it there, never losing sight of him, always keeping his position in the interference in mind and *never* allowing himself to attempt to see where he is going. That part of it will take care



No. 21.

ILLEGAL USE OF HANDS AND ARMS BY PLAYER OF THE SIDE IN
POSSESSION OF THE BALL.

The player has *grasped* his opponent around the knee and is *lifting him up*.
(See Rule 12—Note 4.)

of itself. Such precautions as those just outlined will prevent most any back from being fooled as to the location of the ball—owing to a temporary relaxation of vigilance. And vigilance in these days of concealed methods of passing the ball, is exceedingly necessary. In attempting to stop end runs, and in fact in stopping any play, a back should never allow an opponent to hit him with his body; he should keep his opponent away with his arms. A back has no business to allow himself to get hit. In meeting heavy mass plays the back should either dive at the base of the head of the play, grabbing an arm full of legs, or in case he is too slow in getting there and the play is dragging along he should, if chance offers, seek to swing the head of the play to one side where the direct line of pressure is broken and where a momentary delay will give his own players a chance to down the runner before the opponents have a chance to reorganize. Many times one man can upset a mass play effectually, where had he tried to tackle one of the players he would have been thrown off or dragged along some distance further.

The question as to whether a back shall break through and attempt to tackle behind an opponent's line is a very difficult one to treat. Sometimes, where a back is strong on the defence and the opposing line is weak it is advisable. But where the opposing rush line is a strong one and particularly where it is stronger than your own it is certainly inadvisable. In such a case the backs should hold themselves as reserves rather than as of the rush line. Otherwise, in case an opponent clears your rush line, a long run is likely to follow.

In everything that they do, whether on offence or defence, the three backs should combine in every possible way with the quarter-back. The centre rush, the three backs and the quarter-back should practice constantly together so as to get the purely mechanical work of their positions well ordered, and in a contest the three backs should keep the quarter-back constantly informed of weak places in the opposing defence, that he may profit by them when occasion demands. In a nutshell, all four backs should strive for mental, moral and physical team play both on and off the field.



No. 22.

ILLEGAL USE OF ARMS IN LIFTING AN OPPONENT IN BLOCKING.

The player on the right has managed to get under his opponent's right shoulder with both hands and is *lifting him away from the play*. (See Rule 12--Note 4.)

BACK-FIELD WORK.

In the back field, the main function of the backs is the handling of kicks, and it is one of the most trying functions of all foot ball. To have to catch a ball while one's opponents are in many cases standing within arm's reach like so many wolves ready to take advantage of the slightest slip up is bad enough, but when these conditions are augmented by the necessity of judging a high kick in a gale of wind, and remembering that a kicked ball touching the ground puts every one on-side, they become well nigh unbearable except to the coolest, most skillful and best drilled players. Such, however, is the trying position in which backs often find themselves on thirty or forty separate occasions in a single game. And worst of all they are severely censured where they fail of a clean record. A team can never know how much kicking it is likely to meet in any game until the game is on, and it can never know when the winning or losing of a game may turn upon the safe handling of a single kick. The possibilities of catastrophes are greater in the back field than in any other branch of foot ball play, and so it is imperative that only the most reliable men should represent an eleven there. The backs, then, cannot be given too much practice in catching kicks under every possible condition. They should practice with ends running down on them, with the wind against the kicker as well as with him, with a wet and dry ball. Furthermore, they should be given an opportunity to handle rolling, bouncing and twisting balls.

Under ordinary circumstances only one back is kept in the back field, although this year it is probable that two will be needed. It is his duty to handle all unexpected kicks and to tackle any runner that may get by the other ten players. He must be a sure catcher and tackler, and something of a kicker. This back may find himself on some occasion in the very trying position of being the only man between his goal and a fast opponent. When this is the case the back must, as a general rule, depend upon his own initiative for his line of action. No one else can lay it out for him. There are, however, one or two points which any back will do well to keep in mind. It is always a good plan to try to force the runner to take that direction that will bring him nearest to the side line, where it may be possible



No. 23.

ILLEGAL USE OF HANDS AND ARMS IN LIFTING AN OPPONENT IN BLOCKING.

The player on the right has slipped both arms, from his elbow out, in under his opponent, and is commencing to *lift* him up and away from the play. (See Rule 12—Note 4.)

either to corner him or to force him out of bounds. There is little sense in undertaking to tackle a runner who has the whole field to manœuvre in, when you can reduce the field by two-thirds. Another point to be kept in mind is that of never running at full speed at a runner whom it is your intention to tackle, especially when he has an opportunity to side-step or dodge you. This side-stepping is the easiest thing imaginable where the tackler bears down on his victim at full speed. It is frequently illustrated when ends over run a full-back, who by a simple side-step eludes them and makes a good run. Instead, the back should run fast toward his opponent until he gets within fifteen or twenty yards of him, when he should slow up and get ready to respond to dodging, which can only be done when the back has full control of his body. And he should exercise great care not to be fooled by some false motion on the part of the runner. This false motion is usually given with the upper part of the body, and can only be detected by keeping a close watch on the hips, which will always give away the real tendency of the body.

In case it may at some time seem advisable to utilize the defensive ability of the goal tender, as we may call him, on the rush line, and consequently to put another man back there in his place, a sure catcher should be chosen even if he is unable to do much at open field tackling. The reasoning here is that where a back is given one opportunity to prevent a touchdown by a decisive tackle in the open field—which is frequently missed by even the best players, owing to the tremendous speed of the runner—he is given twenty chances to catch the ball where any one catch, if missed, might mean a touchdown. Under these circumstances it is of course better to provide for the common play rather than for the emergency. The goal tend should keep a sharp lookout for trick plays and where possible keep his fellow players posted by calling out advice which his distance from the scrimmage may enable him to give.

The moment the opponents give evidence of an intention to kick, one or two of the other backs should at once drop back to reinforce the goal tend. Care must of course be taken that



No. 24.

LEGAL USE OF ARMS BY PLAYER OF SIDE IN POSSESSION OF
THE BALL.

Player No. 2, in attempting to obstruct an opponent, is keeping his arms *close to his body*. (See Rule 12—Explanation.)

the evidence is genuine before they go clear back, but once they feel sure of this point they should run back at full speed, looking over their shoulders about every ten yards to prevent the kick from surprising them, or else to be ready for a return to the line in case of a fake. Backs frequently loaf back to their position. This is all wrong; they should be either on the line or way back of it, with as little time as possible wasted in getting into either position. The distance of these backs from the rush line and their relative positions in the back field will depend upon circumstances. If the kicker is a good one and has the wind at his back they should of course play further back than if he is a poor kicker and has a stiff wind against him. The thing to be avoided is the danger of playing too far back. This is a very common fault among novices, who dread having the ball kicked over their heads and who, in order to prevent such a catastrophe, play so far back that it is impossible for them to catch more than three out of five of the shorter kicks, owing to the impossibility of getting under the ball. It is better policy to take one chance in fifty or having a kick go over one's head for the sake of catching the great majority of them than it is to prevent a kick over one's head at the expense of having to handle them on the bounce, where the opportunities for gaining ground after the catch are *nil*. No ball should be allowed to bounce, for it puts the opponents all on-side. They should all be caught on the fly, and if balls are bouncing it shows that the backs are not covering the ground in a thorough manner.

Once they are the proper distance behind the line the backs should spread out in such a way as best to cover the territory in which the ball is likely to fall. To this end they should not stand too near each other or too near the side line. If they stand too near together they will overlap much ground, and if they stand too near the side line they will enable themselves to catch many balls which go in touch and which there is no need of providing for, while at the same time they will be unable to cover much important ground within the field. The backs should play far enough apart so that they can concentrate at any given spot in time to be of assistance to each other either in



No. 25.

**LEGAL USE OF ARMS BY PLAYER OF SIDE IN POSSESSION OF
THE BALL.**

Player No. 2, in attempting to obstruct an opponent, is keeping his arms *close to his body*. (See Rule 12—Explanation.)

catching or in the interference. In case a strong wind is blowing at the kicker's back one of the backs should play a little in rear of the others in order to provide for a possible misjudging or for fumbles. Under ordinary conditions one of the backs should play well in front of the others in order to be ready for short kicks or other tricks. In case one of the backs essays a fair catch the others should be on the watch for a fumble. The best way to get practice on these various points is to put two sets of backs, with centre, at work kicking and catching. Then a competition may be encouraged with result that all the players become interested, and in the endeavor to win the competition give each other the best practice possible.

Whenever possible it is well to have ends run down under the kicks, thereby giving the backs every opportunity to catch kicks "under fire." Continuous back field practice is very exhausting, so that it is well whenever much practice of this kind is undertaken to have alternate squads of players, thereby saving all of them from overwork. Should the backs become tired of the practice and allow it to become lackadaisical, it should at once be discontinued, as carelessness in back-field practice is worse than none at all.

In preparing to catch kicks the backs should make every endeavor to get under the ball in time enough to enable them to receive it while they are standing still. To do this they must be able to "size up" a ball as soon as it rises in the air.

In running up on a ball the backs should also be careful not to overrun it, remembering that it is much easier to run up on a ball than to run back for it in case it is misjudged. Furthermore, in case a back who is careful to keep the ball in front of him misjudges it and it hits him in the chest, he stands a much better chance of recovering the ball as it falls in front of him than he would have if he overran the ball and it fell behind him.

While in the act of catching a back should concentrate his entire attention on the ball, never attempting to divide it with the opposing ends. The plea that a back often advances for this tendency is that he is afraid of a bad fall just as he is completing the catch, or that he wants to see where the ends



No. 26.

LEGAL USE OF HANDS AND ARMS BY PLAYER OF SIDE IN POSSESSION OF THE BALL.

The player in the middle of the group, in attempting to obstruct an opponent, is keeping his hands together and his *arms close to his body*.

NOTE—The Committee wishes to make it plain that if, in interfering, a player keeps his hands together and close to his body, he may legitimately use the projecting portions of his arms. (See Rule 12—Explanation.)

are, that he may dodge them more effectively, etc., etc. These excuses should all be denied on the ground that the possession of the ball is *the* thing. And in this connection it is just as well to say that in case a back fumbles in the back field he should fall on the ball at once. This point should be so drilled into the players that it is second nature to them.

The moment a back has caught the ball he should turn his attention to his opponents, seeking how he can dodge them and run the kick back. In case he catches the kick in time to decide from his own observations in which direction to run a back should experience little difficulty in getting off safely. But when the ball and the ends arrive almost simultaneously the situation is more difficult. In such a position the other backs should assist by a word or two. At first the giving of such directions will end in much confusion, but as the backs become more and more accustomed to each other this difficulty will disappear, to be followed by satisfactory results. Where a back is a good dodger he can often fool opponents by making false start in one direction and then following it up with a real start in another. This ability is natural, and no coaching can develop it except where the player has in him the crude qualities.

One thing, however, every back can be taught, and that is that he shall never run back. Running back in back-field work is even more fatal than in ordinary scrimmage play. Another thing to be borne in mind is that under no circumstances can a back use his "straight-arm" more effectually than in the broken field running that forms such a big part of back-field work. Here it is that opponents are usually few and the time comparatively long for shifting the ball from one hand to the other in order to do this warding off.

With this we may be said to have covered, after a general fashion, the topic embraced under the main title, and therefore to have completed this article. One thing yet remains to be said, however, and that is that no back who wishes to get the most out of these suggestions can hope to do so unless he first put into himself the right spirit, and follows it up with staunch obedience to his training rules.



No. 27.

**ILLEGAL USE OF HANDS AND ARMS BY PLAYER OF SIDE IN
POSSESSION OF BALL.**

The player in the middle of the group is attempting to obstruct an opponent by the use of his hands and arms—which *are not close to his body*.

NOTE—The Committee wishes to make it plain that if, in interfering, a player does *not* keep his hands together, and his arms close to his body—he may not legitimately use the projecting portions of his arms. (See Rule 12—Explanation.)

THE CHANGES IN THE RULES

The writer wishes to call attention to the following preamble, which was passed by the Rules Committee and which is offered to players and coaches in the hope that they will all feel that for the benefit of the game itself the efforts of the Committee should have the support of every player.

The Committee believes that foot ball, like all games involving personal contact of players, must be dependent for its quality and continuance upon the spirit in which the game is played. Improvement in this spirit is measured by the degree to which unnecessary roughness and unfair play is eliminated. This elimination cannot be effected by rule makers, but it can be accomplished by a strict enforcement of the rules and by the drastic punishment of habitual offenders by the institutions which they represent.

The Committee has appointed a Sub-Committee to aid in the more intelligent and efficient enforcement of the rules. This Sub-Committee does not intend or desire to force upon the several institutions, undesired jurisdiction, nor does it plan to interfere with their independence of action. It stands, ready, however, to aid, in every way in its power, in the improvement of the quality of officials, and will furnish explanation and interpretation of the rules whenever requested to do so.

The Committee has increased the penalties for offenses of a brutal nature, and formally urges that all institutions playing under these rules shall bar from the game for a year any player disqualified twice during a season for such play.

The first point of vital interest to the player and coach this year in the changes of the rules, is that relating to the putting of the ball in play in a scrimmage. The ball must be placed flat upon



No. 28.

ILLEGAL STRIKING, WITH THE LOCKED HANDS, BY A LINE MAN
IN BREAKING THROUGH.

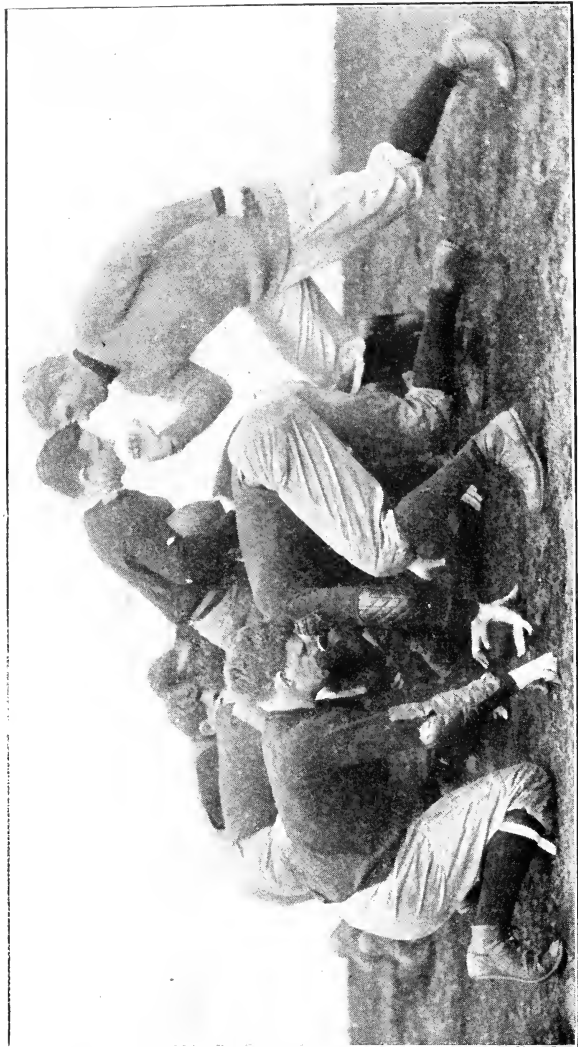
The player on the right, having *locked his hands*, is on the point of dealing his opponent an upward blow under the chin. (See Rule 22, *b.*)

the ground with its long axis parallel to the side line, that is at right angles to the line of scrimmage. Our illustration No. 1 shows exactly how a man must put the ball in play. The players of each side may advance only to the end of the ball nearest them, that is the line of scrimmage for each side is a line passing through the end of the ball at right angles to the side line or parallel to the goal line. The two lines, are, therefore, separated by the length of the ball. Our illustrations Nos. 2 and 3 show illegal position of ball when being put in play in scrimmage. The ball must not be stood up on its end, nor rested on its side, but must be flat on the ground. Our illustration No. 4 shows how the two lines of scrimmage are separated by the length of the ball when the ball is put in play. The man who puts the ball in play is the only man who may have his head or hands off-side.

Furthermore, the rules have been made more definite about the position of players in the line of scrimmage. The guard can lock legs with the center, but the tackle may not lock legs with the guard, nor the end with the tackle. Our illustration No. 5 shows this point clearly. Again, as shown in illustration No. 6, a player who is supposed to be on the line of scrimmage must have one foot and the opposite hand up to or within one foot of the line of scrimmage. This is to prevent certain methods used in former years, which, though legal according to the letter of the law, are fouls in the spirit. Illustration No. 7 shows one of these fouls, as does also No. 8.

A new rule has been introduced regarding a fair catch, in order to make it certain that the man attempting a fair catch is protected. The player who intends to make a fair catch must, when advancing toward the ball, raise his hand clearly above his head. The motion is, as can be seen from the illustration, a very marked one, and can not be misunderstood. When the player has thus raised his hand, he has the privilege of trying for the ball without interference by any men who are off-side. If, however, as shown in illustration No. 10, he only partially raises his hand, it is not a valid signal.

Much more definiteness has been given the rules about blocking, and the use of the hands and arms. Illustration No. 12



No. 29.

ILLEGAL STRIKING OF AN OPPONENT IN THE FACE WITH THE HEEL OF THE HAND BY A PLAYER
ON DEFENSE.

The player on the right, who is on the defense, is on the point of striking in the face, with the heel of his hand, the opponent who is carrying the ball. (See Rule 22. b.)

shows illegal use of the body in blocking, and shows that the player blocking is not using his hands or arms, but his shoulder. Nos. 13 and 14 show illegal blocking or holding, as do also Nos. 16, 17, 18, 19, 20, 21, 22, 23 and 27, while legal methods are shown in Nos. 15, 24, 25 and 26.

Tripping has also been clearly defined this year as obstructing another player below the knee with that part of the leg that is below the knee. The illustration shows this clearly.

A new rule has been made providing that, outside of the five middle men in the line, there may be no tackling below the knees. The player making the tackle must reach his opponent above the knee. If then he slips down, it is no offense, but if he reaches his man below the knee, it is a foul. Our illustration No. 30 shows legal tackling above the knees.

Striking with the locked hands by a lineman has been forbidden. Our illustration No. 28 shows this. Hurdling has also been forbidden, that is jumping, or attempting to jump over a man with feet foremost, and has also been forbidden in the open. At the same time it has been enacted that a player may not strike an opponent who is carrying the ball, in the face with the heel of his hand. This was one of the methods of stopping hurdling and this has been abolished at the same time with hurdling.

The other alterations in the rules are the addition of another umpire, who may, however, be dispensed with at the discretion of the two institutions involved. The shortening of the time of the game from two thirty-five minute halves to two thirty minute halves, thus lessening the actual time of playing by ten minutes.

It has also been provided that a captain may not go on taking out time indefinitely to rest his side or for any other purpose of that kind. The captain may ask for time three times during a half. Thereafter every call for time is penalized by loss of two yards, unless the player be removed from the game.

In order to stop the tendency of a man who is plucky from attempting to crawl along the ground after he has been held, a rule has been enacted that the ball is down whenever any portion of the person of the runner carrying it, except his hands or feet, touches the ground while he is in the grasp of an opponent.



No. 30.

LEGAL TACKLING ABOVE THE KNEES.

(See Rule 22, *e.*)

It has been provided that the snapper-back must not be interfered with when putting the ball in play, and the rather indefinite expression of "charging" has been changed to "starting forward beyond the restraining line."

It has also been provided that the kicker, when trying for goal by a place-kick from a touchdown, may adjust the ball in the hands of the holder, so long as the ball does not touch the ground.

The rule most specifically affecting the play, however, is that providing that double the distance formerly demanded must be made in three downs, namely, ten yards instead of five, must be made in three attempts or the ball be surrendered. Another change of vital import is a ball kicked from behind the line of scrimmage when it strikes the ground puts everybody on-side, and equally important, that one forward pass may be made on each play by any man behind the line of scrimmage, providing he does not pass it to any man on the line of scrimmage from tackle to tackle, and providing that the ball, if it crosses the line of scrimmage, shall cross it at least five yards out from where it was put in play. Furthermore, provisions which make this forward pass still more difficult to execute to advantage are, that if it strikes the ground before being touched by a player of either side, it goes to the opponents at the spot where the forward pass was made.

Still another important rule is that no one of the five middle players of the line, center, guard or tackle, may be dropped back from the line of scrimmage unless he goes back at least five yards and another player takes his place in the line. It is intended that such a player shall only be dropped back for kicking purposes and not to run with the ball.

Specific regulations have been passed regarding foul play, and a penalty of half the distance to the goal line in addition to disqualification has been placed upon vicious conduct, such as striking with the fist or elbow, kneeling, kicking, meeting with the knee, striking with the locked hands. It has further been provided that unsportsmanlike conduct, abusive or insulting language to opponents or officials is punishable by suspension from the game.

SIGNALS

BY ROCKWELL AND HOGAN
Quarter and Tackle of Yale Team of 1902

The first essential in any system of signals is simplicity. An intricate and complicated system always militates against the team using it; the quarter is troubled in framing his signals and the speed which should accompany successful play is impossible. The confusion and uncertainty of the quarter affects the other members of the team; they do not jump into the plays with the dash and vim which characterize a team confident of its signals and receiving inspiration from the knowledge that the whole team is working on the same play. It does not follow because your system is simple, that your opponents will make it out. The chances are very much against their doing so, and while they take their attention from the play to watch your signals you gain such advantage over them as will enable you to push your plays so successfully as to give them something else to think of save your signals. Yet in spite of the extreme improbability of discovering your signals it may happen that your team will be discouraged and its play materially affected by believing that your opponents are playing its signals. So, in all the systems given in this article, provision is made for a change, which should be made immediately in such a case; a change which is in keeping with the simplicity of the system and yet sufficient to regain the confidence of your team.

In any system of signaling there are always two considerations: the quarter, or whoever calls the signals, and the rest of the team. The system should be such as will enable the quarter

to give the plays quickly and accurately. There should be no hesitation whatever on the quarter's part. He should practice calling off the plays to himself until he has every one in his control and can use any of them when he needs it. Not only should there be no hesitation on the part of the quarter, but the rest of the team also should grasp the play as soon as it is called. The play originates with the quarter and so is perfectly evident to him, but it should also be clear to the team just as soon as the signal denoting it is given. Very often you will see the quarter call the signal and then wait till the rest of the team understands it before receiving the ball from the centre. There should be no wait. The system should be one to enable the whole team to get the play immediately the signal is called. On the speed with which the ball is put into play depends to a considerable extent the success of the offensive work of the team and, therefore, it is most essential that there should be no unnecessary delay after the signal is called. All the systems taken in this article have those ends in view. They have all been tried and found to conform to the demands of any situation.

For the sake of clearness the different systems are numbered as Code I, Code II, etc. In the diagrams the black solid square denotes the player taking the ball; the heavy, continuous line the direction which he takes; the zig-zag line shows how the ball reached him and the dotted lines the directions taken by the other players, save the one carrying the ball. The dotted squares indicate changes in position assumed by the players in such a play as a wing-shift, etc.

To indicate the positions the following abbreviations have been adopted: L. E., left end; R. E., right end; L. T. left

tackle; R. T., right tackle; L. G., left guard; R. G., right guard; C., center; Q., quarter-back; L. H., left half-back; R. H., right half-back; F. B., full-back.

For Code I a letter system is taken, having as a base a word, or combination of words, containing either ten or eleven letters, in which the same letter does not occur twice. It may be either ten or eleven, as the center may or may not be denoted by a letter. Such words as f-o-r-m-i-d-a-b-l-e, d-a-n-g-e-r-o-u-s-l-y, i-m-p-o-r-t-a-n-c-e, or combinations like p-r-i-v-a-t-e-b-o-d-y, c-h-a-r-g-e-d-w-o-r-k, c-o-n-v-i-c-t-l-a-m-p—any word or combination in which the same letter does not occur twice and which has ten or eleven letters. Take the combination H-a-n-o-v-e-r—C-i-t-y, and beginning with the left end give each position a letter.

H A N O V E R C I T Y
 L.E. L.T. L.G. C. R.G. R.T. R.E. Q. L.H. F.B. R.H.

The letters H, A, N, V, E, R, stand for holes thus:

H—Means end run around your own Left End.

A—Means play through Left Tackle, either inside or outside his position.

N—Means play through Left Guard.

V—Means play through Right Guard.

E—Means play through Right Tackle, either inside or outside his position.

R—End run around your own Right End.

Let the first letter given in the signal indicate the player who is to carry the ball and the next letter the hole or direction in which the ball goes. For example, let the letters called in the signal be: I, A. The play indicated is the Left Half-back through Left Tackle. Naturally the quarter would call more letters than those merely required to denote the play, so this signal might run in such a way as. "I—A—B—C—D." The last three letters only helping to prevent the signal from being discovered. The following is a diagram of the play:

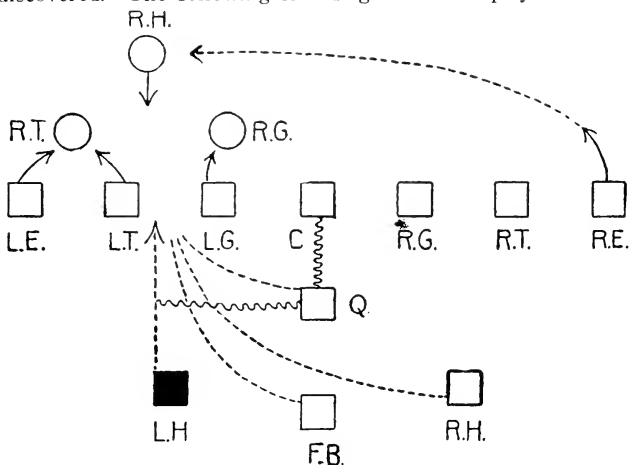


FIG. 1.

Your L. T. and L. E. push the opposing R. T. (designated in the diagram by a circle) back. Your L. H. follows straight behind your L. T. with the Q., F. B. and R. H. holding him on his feet and pushing him through the hole. The linemen charge straight at their opponents with the exception of the R. E., who goes in front of his own line and tries to get hold of the man with the ball and pull him along.

Let the signal given be: "Y—E—A—R." The play is the R. H. through R. T. Fig. 2 shows the play.

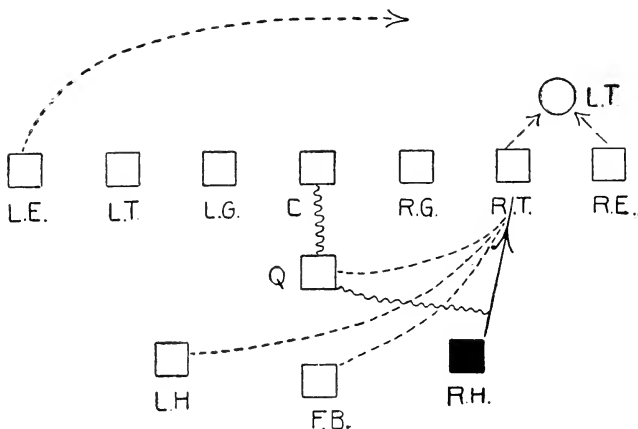


FIG. 2.

Here your R. T. and R. E. push the opposing L. T. back and the L. E. runs in front of his own line, as did the R. E. in Fig. 1, and pulls the man with the ball. For the duty of the other men see the explanation after Fig. 1.

Suppose the signal is: "T—N—O—K—B." The play is the F. B. through L. G., as shown in Fig. 4.

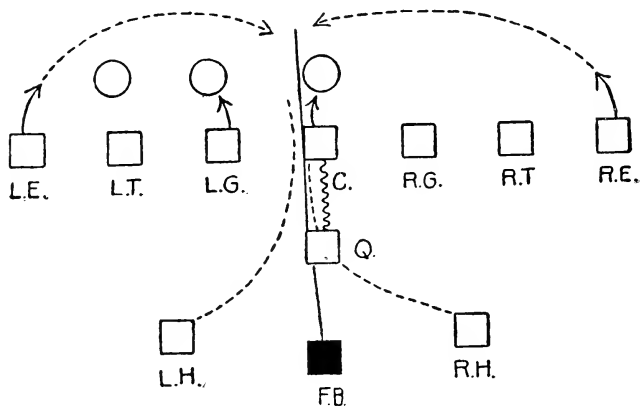


FIG. 4.

This play is exactly similar to that shown in Fig. 3 save that the L. G. and L. T. are the men who make hole by pushing the opposing R. G. out of the way.

Suppose the signal called is: "I—E—D—C—B." The play is the L. H. through R. T., a cross-buck. Fig. 5 shows the play.

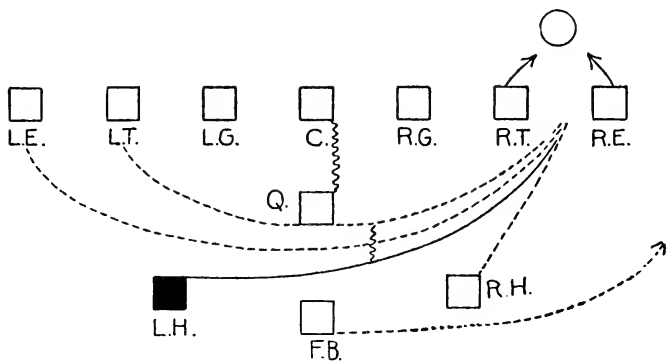
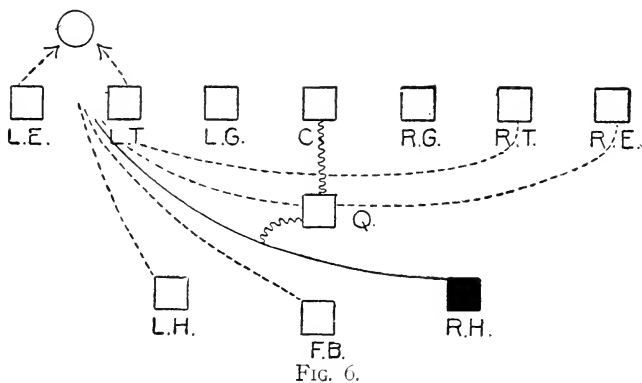


FIG. 5.

In this play your R. T. and R. E. get the opposing tackle out of the way; the R. H. goes straight into the hole, the L. H. carrying the ball next; then the Q. and L. T., who comes around into the play from his position in the line; the L. E. is the last man to follow the play—he makes it safe, watches for fumbles; the F. B. runs straight out from his position and keeps the opposing L. E. from getting the play.

Let the signal be: "Y—A—R—D—S." This is your R. H. through L. T. The L. T. and L. E. make the hole; R. T. and R. E. follow around into the play. Fig. 6 shows this play, which is the same as that in Fig. 5, only on the opposite side of your line.



Let the signal be: "Y—H—A—B—K." This is your R. H. around your L. E., as shown in Fig. 7.

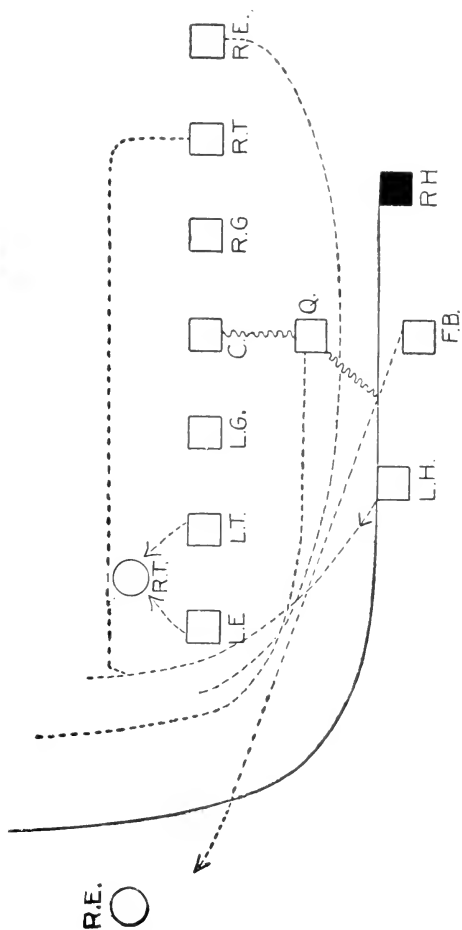


FIG. 7.

Your L. T. and L. E. carry the opposing R. T. back, as they did in Fig. 1; the F. B. keeps the opposing R. E. from the play; the Q. and L. H. precede the R. H. and form his interference; the R. E. comes back of his line, makes the play safe and helps the runner to stay on his feet; the R. T. charges ahead at first, then, passing in front of his line, meets the play on the other side and tries to pull the man carrying the ball free from his tacklers. The signal for the same play on the other side of the line would be: "I—R—S—T—N." Fig 8 shows this play.

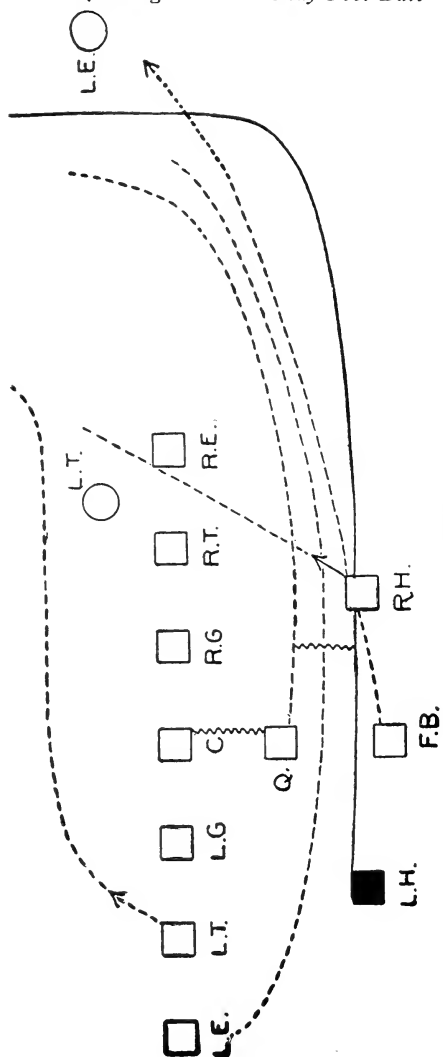


FIG. 8.

In case you wish your R. T. to carry the ball through the opposite tackle the signal will be: "E-A-R-L-Y." This play is shown in Fig. 9.

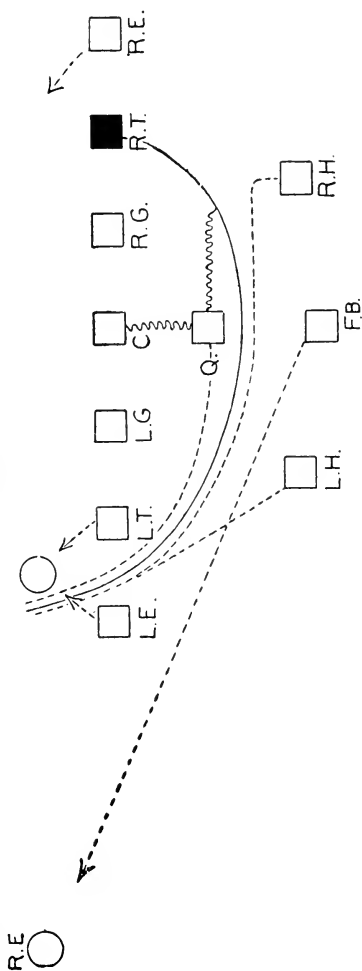
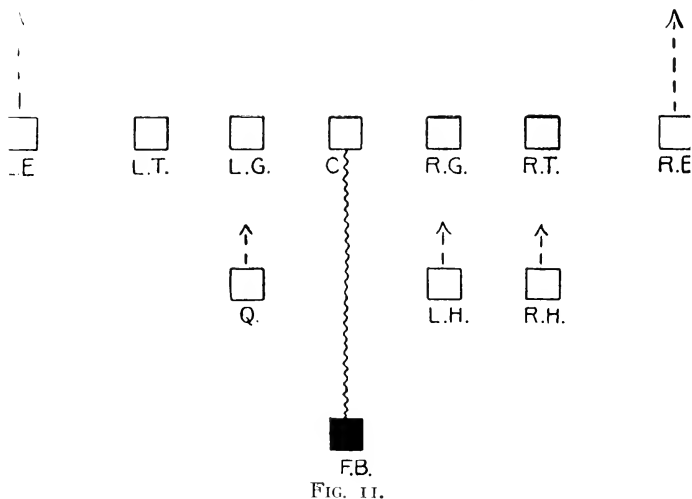


FIG. 9.

In this play your L. E. and L. T. charge the opposing tackle-back; L. H. goes straight into the hole thus made; the Q. helps the R. T. to turn, and should direct him after the ball has been passed to him, so that he will be sure to get into the hole that has been made by the L. E. and L. T.; the R. E. should prevent the opposing L. T. from following your R. T. As soon as the latter leaves the line he should step into his place and keep his opponent from chasing the play around. The F. B. should prevent the R. E. from getting the play, just as he has done in Figs. 7 and 8.

In Code I the signal for a kick could be any letter not in the combination you adopt as your key. Suppose the letter B denotes a kick. Then the full signal for the F. B. to kick the ball would be: "T—B—C—A—O." In Fig. II is seen the formation now commonly adopted for a kick.



The two ends get well outside their Tackles and as soon as the ball is snapped, go straight down the field. The L. T. jostles the opposing Tackle and then goes down. The other linemen should hold their opponents long enough to ensure the F. B.'s having time to get the kick off in safety. The Q., L. H. and R. H., leaning forward on their hands, in the positions shown in Fig. II, protect the F. B. from anyone who may succeed in breaking through the line.

The simple plays have now been given in Code I. These are

the plays which every team must be absolute master of. They may be played in every part of the field and on their success depends to a great extent the success of your team.

The following diagrams illustrate plays intended to puzzle your opponents and which they may not be prepared to meet. However, they should not be practiced until your team has mastered the simple plays. Too often will a team depend for success on tricks and fancy maneuvers, neglecting the steady, straight foot ball that is the hardest to withstand when played properly, only to be doomed to disappointment as a result.

A SIGNAL FOR A WING SHIFT

(USING CODE I.)

The Quarter may call out "Formation A," if the play is to go on the left of centre; "Formation B," if the play is to go on the right. (See Fig. 12.) Then, either the regular signal for an end run or a signal for a quick drive into line following a feint at an end run. (Fig. 13.)

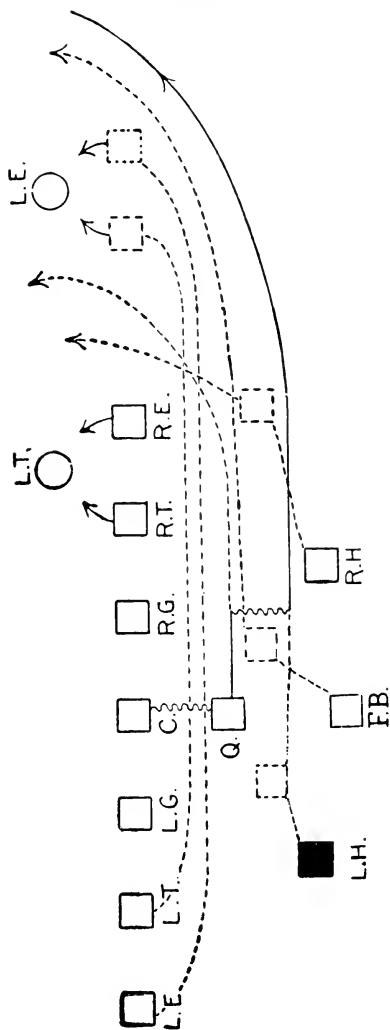


FIG. 12.

This signal might be "Formation B"—"I—R—T—C—K." L. E. and L. T. wheel over against opposing L. E.; at the same time the backs alter their positions, as shown in the figure by dotted squares. L. H. receives ball from Q, as in Fig. 13.

The success of the play depends upon the quickness and speed of the man carrying the ball. Whether successful or not, it will tend to spread out and "open up" the opponent's line. Then signal for the same formation and send the F. B. into the line.

The team lines up in regular formation as in Fig. 1. The signal given, the line sidestep to the right two positions, as in figure; the L.T. then becomes centre, Q. and L.H. keep their position while the F.B. and R.G. alter position with the line men. Now, we have seven men on our right wing, as opposed to four of our opponents. The play can be a cross buck, as in Fig. 5, or an end

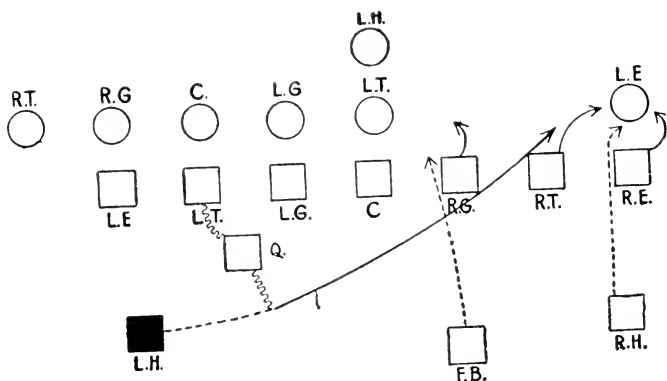


FIG. 14—WING SHIFT. 2ND METHOD.

run, as in Fig. 8. Whatever the play used it is absolutely essential that the play start the instant the shift is made. To perfect this play, both tackles should be drilled in passing the ball to the quarter. Thus, the shift can be ordered either to the right or left, as the case may warrant. There should be daily practice by the entire line in this quick change of positions, so that when the signal is called the play may be executed like a flash.

FOUR-MEN FORMATION PLAYS

The following eight plays are the so-called "Four-men formation plays." In them one of the line men is called back either to run with the ball or assist in the interference. In the following plays it is the L.T. who is brought back and placed directly behind R.T. It will be noticed that the R.H. takes his position

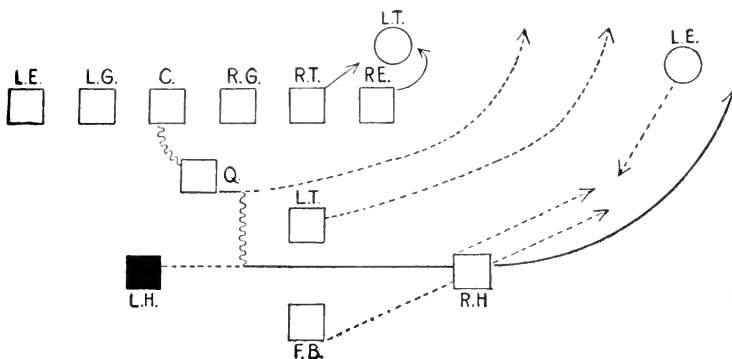


FIG. 16.

always "outside the position occupied by the man on the end of the line" to conform with the requirements of the 1904 rules.

This play is the simple end run. The L.H. carries the ball around your own right end. R.H. and F.B. block the opposing end. Q.B. after he has passed the ball to L.H. and L.T. form interference for the runner.

This play is a "tandem" on right tackle. The L.T. carries the ball and runs straight at his own R.T. The Q., L.H., F.B. and

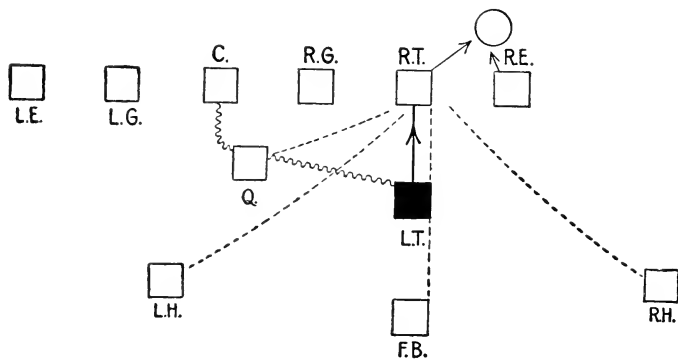


FIG. 17.

R.H. all follow, helping L.T. to keep his feet and pushing him through the line. This play should be always good for a gain of two yards when used alternately with play in Fig. 18.

This play is the same as in Fig. 17, except that the F.B. carries the ball. The F.B. keeps running close behind the L.T., ready to take advantage of the first opening. A good full-back often-times adds two or three yards by a quick shift or dive after the

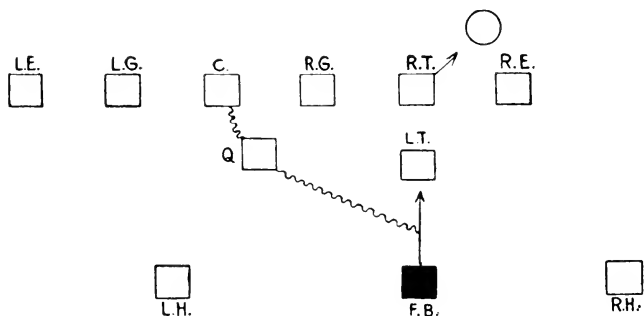


FIG. 18.

play appears stopped. A strap sewed on the jacket of L.T. or suitably fastened on the back of his belt may be of help to F.B., who when tackled can grasp this strap and be sometimes pulled clear of tacklers. The R.H. protects F.B. from opposing end; L.H. and Q. push as in play in Fig. 17.

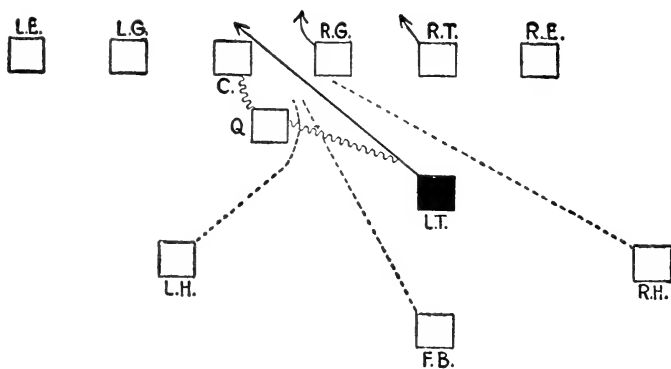


FIG. 19.

In this play the L.T. takes the ball and runs directly on R.G. R.G. pushes his man to the right and R.T. helps him. Q., L.H., F.B., and R.H. push as in play in Fig. 17.

This play is the delayed pass to L.H. The Q. pretends to pass to L.T. (who, of course, feigns to receive it), then turns, hiding it the while, and passes to L.H., who runs directly outside R.T. F.B., L.T., and R.H. run as if the play were between center and R.G. and must push and fight just as hard as if they were carrying the ball. The L.T. must be careful not to knock the ball from the Q's hands. He should reach out over the ball and cover the ball with his arms while the fake pass is being made

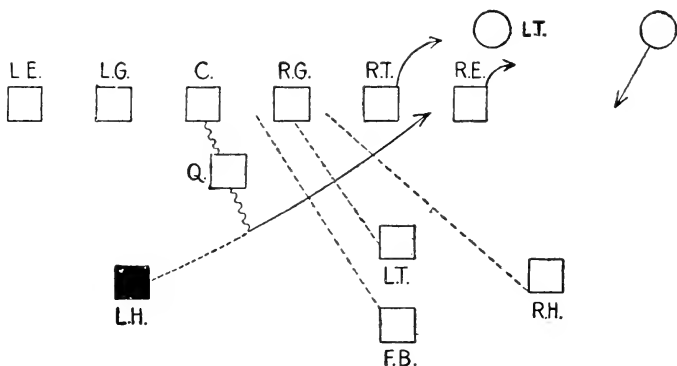
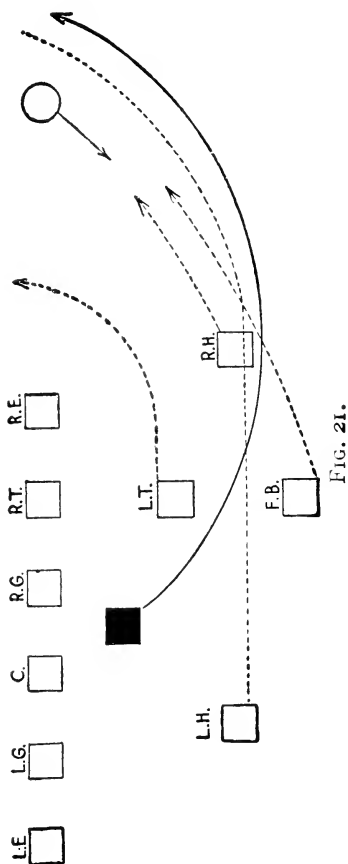


FIG. 20.

and then double up as if he had the ball and shoot into the line. The Q. can materially aid the deception by turning his back to opponents after he has made the fake pass to L.T. He should hold the ball a moment and then pass to L.H. L.H. must give Q. time to make his fake pass and then to hold ball a moment. L.H. runs direct on R.T. R.T. and R.E. try to coax their opposing tackle through on the outside. This play to be most effective should be used sparingly and always on a first or second down. Try it after the play in Fig. 19 has been used two or three times.

This is the quarter-back run around the right end. The R.H. and F.B. block the opposing end. L.T. and L.H. make the inter-



ference, as in Fig. 16. Q. receives ball from center and runs wide. This should be a very good play with a fast quarter.

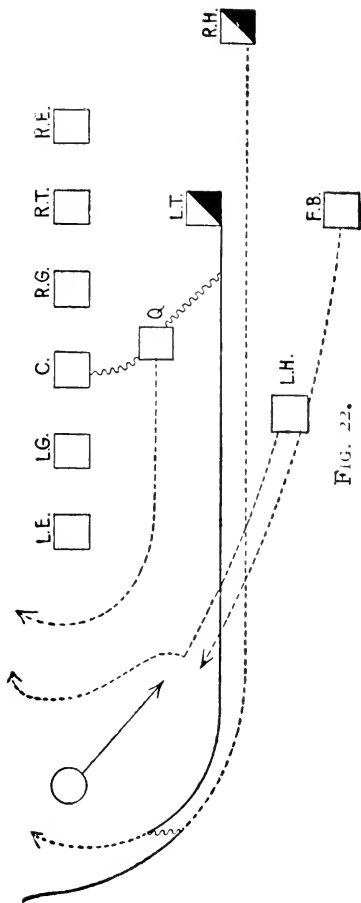


FIG. 22.

A double pass end run around the short side of the line. The L.T. receives the ball from Q., and runs as indicated in figure. If about to be tackled, he slips the ball under his arm to R.H., who follows about three feet behind L.T. and then L.T. interferes for R.H. A play of this kind is rather risky; still, when successful at all, it is good for a substantial gain. The Q. should use it only on the first down. It is a good play to keep your opponents playing wide and should be used when your mass plays begin to be stopped. The L.T. and R.H. should practice passing the ball on the run. There really need not be much of a pass in this play, for with a little practice it is possible to practically hold the ball out to your team-mate, thus, rendering a fumble impossible. Hold the ball firmly in regular running position (i.e., under the arm-pit and in palm of hand); now, lift the elbow shoulder-high, turn the wrist, keeping the palm upward, then stretch the arm backward. With some practice in this way one can soon pass a ball on a run with great accuracy and oftentimes after being tackled.

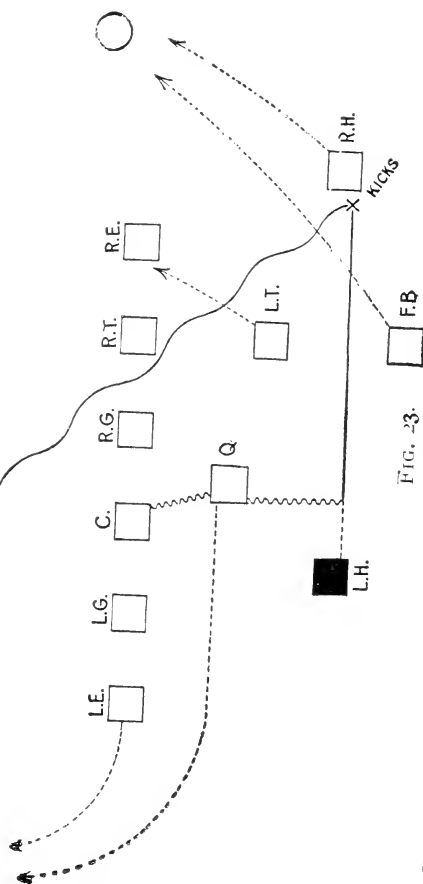
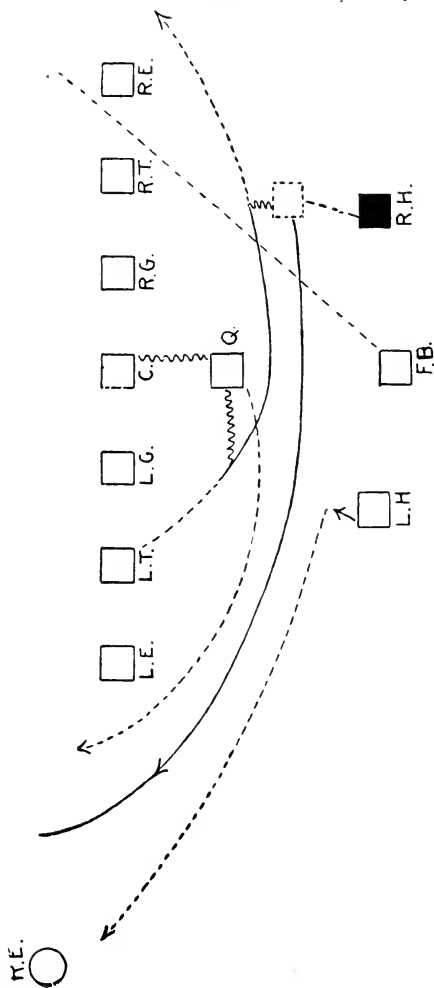


FIG. 23.

This play is a quick kick from scrimmage. The L.H. receives ball from Q., runs as though for an end run, as in diagram, then kicks in direction indicated by wavy line. L.E. blocks a moment and then races down the field to prevent the kick being run in. The Q. passes to L.H. and then goes down the field to assist L.E.; R.E. blocks until he hears the ball kicked, then goes down the field. L.T. helps R.T. and R.E. to box their tackle. This play presupposes that a team using it has a left half-back who can kick on the run. The kick should be aimed low but well over the heads of the rush line. The kick should be low and bounding and sent in an oblique direction down the field. The opponents have but one man in the back field to handle the kick and oftentimes the ball gets beyond him owing to his inability to cover the ground or to stop the ball when bounding. A good kick to employ on first or second down or to use anywhere in field, provided your longitudinal position gives you room for the kick.



-A fake tackle run and pass to Half-back. To be used anywhere in the field after Fig. 10 has been worked successfully. L. T. does same as in Fig. 10, but passes to R. H., who has stepped forward in order to better conceal the pass from opponents. F. B. charges on opposing L. T., going in front of R. H. L. H. helps L. T. to make his turn, as in Fig. 10, then turns and blocks opposing R. E. Q. passes to L. T. and makes the interference for R. H. The signal would be: "A-Y-H-E-D."

If the Q. at any time thinks it desirable to change the manner of calling the signals, he may readily do so by having the signal start with the second, the third or the fourth letter, or by not having the signal start till he has called some letter agreed on that is not in the key and is not used in the plays.

CODE II.

A COMBINATION OF LETTERS AND NUMBERS.

Let the F. be the hole between guard and center; H., the hole between tackle and guard; K., the hole just outside tackle; B., end run.

As each letter taken separately stands for the two holes, i. e., F. would mean either the hole between R.G. and C. or L.G. and C., so some method must be adopted to signify which hole is meant. Now, if the signal starts with an odd number, the hole on the left side of center is meant; if it starts with an even number, the hole on the right side is to be the outlet for the play. For example, the signal "3—B," etc., means and end run around your own left end; and "6—B," etc., means an end run around number to the training table early in the season, but make it your own right end. Therefore "3—B," etc., will always mean an end run around your own left end and the right half-back will carry the ball. So the completed signal will be: "3—B—4—M." The number 4 and the letter M mean nothing. The complete signal for the left half-back to carry the ball around your own right end would be: "4—B—11—X." Since the signal starts with an even number it shows that the play is to go on the right side of center and the letter B signifies that the play is an end run.

This code contains but the simple ordinary plays used by every team during the first weeks of practice. There are ten plays in all, not, however, including the kick, and are as follows:

L.H. run around R.E.	4—B
R.H. run around L.E.	3—B
L.H. dive through L.G. and L.T.	7—H
R.H. dive through R.G. and R.T.	12—H
L.H. cross-buck just outside R.T.	14—K

R.H. cross-buck just outside R.T.....	7—K
F.B. dive through R.G. and C.....	6—F
F.B. dive through L.G. and C.....	9—F
L.T. run just outside R.T.	2—6—K
R.T. run just outside R.T.	3—11—K

It will be noticed that the L.H., L.T., R.H. and R.T. carry the ball through the same hole (K). Whenever the L.T. is to carry it the signal will start with two even numbers and whenever the R.T. carries the ball, with two odd numbers. Thus:

Signal: 4—8—K—5—Y. (See Fig. 10.)

Signal: 2—K—9—B. (See Fig. 5.)

Signal: 3—7—K—4—R. (See Fig. 9.)

Signal: 9—K—2—M. (See Fig. 6.)

Signal: 4—B—11—X. (See Fig. 8.)

The absence of letters from signal might indicate a kick; thus:
4—6—7—11. (See Fig. 11.)

CODE III.

A SYSTEM OF NUMBERS ILLUSTRATED.

In this system it will be seen that the even numbers are plays on the right of center and the odd numbers are plays on the left.

- | | | |
|---------------|--------------------|------|
| 4. L.G. | through | R.G. |
| 5. R.G. | through | L.G. |
| 6. L.T. | through | R.T. |
| 7. R.T. | through | L.T. |
| 8. L.H. | around | R.E. |
| 9. R.H. | around | L.E. |
| 10. L.H. | cross-buck through | R.T. |
| 11. R.H. | cross-buck through | L.T. |
| 12. R.H. | straight through | R.T. |
| 13. L.H. | straight through | L.T. |
| 14. F.B. | straight through | R.C. |
| 15. F.B. | straight through | L.C. |
| 16. L.E. | run around | R.E. |
| 17. R.E. | run around | L.E. |

Kick: any number over 300.

Now, let the second number given be the key number, the number which represents the play. For instance:

Signal: 6—8—9—27—4 (See Fig. 8.)

Signal: 5—12—21—7 (See Fig. 2.)

Signal: 8—13—42—9. (See Fig. 1.)

Signal: 5—15—8—2. (See Fig. 4.)

Signal: 6—11—43—8. (See Fig. 6.)

Signal: 357—952. (See Fig. 11.)

Etc., etc.

In the last two codes the quarter may readily change the key number at any time and so be certain that his signals are unknown to his opponents.

A SEQUENCE OF PLAYS

It frequently happens that a team, especially a school team, will have one man who has clearly outplayed every opponent he has faced and upon whom the quarter may depend when there is a distance that *must* be gained. Under such conditions a team should have a sequence of plays, i. e., three or more plays previously committed to memory, to be executed in quick succession without a signal. Assuming that the tackle is the steady and reliable man, then, select three or more plays through his position and constantly practice them as a series without any intermission.

A sequence of five plays illustrated:

In Code III.—The second number the key:

6—(12)—28—4. (Fig. 2.)

5—(6)—21—9. (Fig. 10.)

2—(10)—7—5. (Fig. 5.)

7—(10)—42—8. (Fig. 5.)

8—(11)—29—6. (Fig. 6.)

If the first four plays are successful the opponents will naturally shift over, to try and "brace up" the weak spot, and the last play is intended to surprise them and is, therefore, sent on the opposite (left) side of the line.

WHEN TO USE THE SEQUENCE

The best time to employ the sequence is in the opponent's territory about twenty-five yards from the goal, when quickness and speed of plays used is so essential to success. Then, too, it is highly probable that the "cheering" makes it hard to hear the signals.

There are various ways to signal the sequences, but a simple and effective way is to have the quarter make some such remark as this: "There's only twenty yards to go, fellows; *stay together now!*" This would mean that the next signal was the first of the sequence and that it would be played without any more direction from the quarter-back.

Too much emphasis cannot be laid on how essential to your team's success is a thorough knowledge of the signals. Every player should know just what he is to do in each play; the very instant the signal is given, he should recognize the play and determine to do what is expected of him. The players, apart from the general practice, should repeat the signals to themselves and get familiar with their individual duties in each play. Confidence is almost essential to success in offensive work, and a team can have but little confidence in its ability to advance the ball till every one has thoroughly mastered the signals.

TRAINING FOR FOOT BALL

BY MICHAEL MURPHY

The days of the extremes of training, both in foot ball and other sports have, at any rate for the time being, gone by. The old-fashioned notion that men must be deprived of everything they wanted for their comfort and go through a period of actual physical suffering has been exploded. Young men, and particularly college men, do not need the severe regimen adopted in the old days, when training was confined only to a certain class and that class one indulging in all sorts of dissipation between times. For this reason treatises on training can be far more brief than in the times when the exact percentage of food stuffs was figured out to a nicety. Moreover, foot ball is one of those fortunate sports which comes at a season of the year when the weather, except in the very early part of it, is not exceedingly hot, but rather bracing, and unless there is something radically wrong with the man, as a rule, during the foot ball season, his appetite should in the main improve.

It is really the nervous tension which has come to be great and it is to the relief of that nervous tension that many of the best friends of the game are looking in hopes that alterations in the rules may improve this condition.

The great majority of the players are not affected by this, but the captain, coach and quarter-back usually pass through periods where the worry is quite extreme, and while it makes little difference to the coach it does affect the captain and quarter-back very materially and with these men, the greatest problem of the training season is to see that they pay less rather than more attention to the sport and get some relaxation at periods.

The general physical condition of the men is in these days looked after both by the trainer and by competent surgeons, so far as injuries are concerned.

The problem of how much work a man should do and when he should work is one of general consultation between coach, trainer and captain—the trainer's opinion being in the main accepted as final—and as a rule this trio make satisfactory decisions. Sometimes a man is found who is able to deceive all three as to his condition, but not often, and, moreover, such men are usually men whose personal idiosyncrasies are known.

One of the most difficult points in training a foot ball team is to keep them steadily progressing and not have a slump at some disastrous period during the season. Men differ so greatly individually that the accepted method of working the men nowadays is to watch these peculiarities and not try to judge all men by the same rule, but to lay off first one and then another as occasion demands, giving them all an opportunity for sufficient practice, but forcing no man to work too long.

It takes a good deal of time to teach a man modern foot ball and he has to go through a certain period of steady work before he combines the necessary knowledge with the skill; hence an especial reason for consistency in carrying out training development. Foot ball men all need quickness and the work should be devoted to short periods of snappy play rather than long periods which get the man into the bad habit of playing slowly because he is tired.

A foot ball player beyond all else needs to have a sort of superfluous energy to draw upon at the time of his match and to exhaust this is to make a very serious mistake. The men should, therefore, be very carefully watched in order to see that the work is not at the expense of this energy, which must be called upon at a critical time. No man should find himself in a game without a feeling that he would at least like to make a touchdown whether it is possible or not, and the making of touchdowns is practically impossible if the man's physical and mental condition is such as to leave him without desire to do so.

The first problem in the season that faces captain, coaches and trainers is that of making selection from a great mass of material. This material will be scattered over three or four different

fields and in all sorts of physical condition, as some men take care of themselves during the summer while others do not. A coach may easily be deceived by lack of condition in a man who, when in shape, would play a strong game. For this reason critical watching and very likely some inquiry as to the past performance of the man is very advisable. As soon as the material has begun to be sifted it becomes necessary to sort out a part of it for the 'Varsity, but it is wise not to take a great many men to a training table early but make this rather a reward of merit in a way, at the same time taking possibly the absolutely sure men who are not likely to have the best of living otherwise.

All this matter is a question of judgment and a little study and reflection on the subject is returned many times over in the results later in the season. It is hardly worth while, although I know it has been adopted by some trainers, to put men who are going to play foot ball through special courses of gymnastics, unless it may be for some special weakness of the individual. It is certainly a good plan for foot ball men to be handled by a track trainer in learning to start quickly. Gymnasium apparatus, however, is not proving very successful for general teams. A little setting up work in the early part of the season is often a good thing and some running, but after the season is once under way the men have plenty to do without taking these special exercises, except it may be to reduce the weight of a man who is very heavy. Running around the field for men who are temporarily laid off, and for the whole squad in the early part of the season, is a good thing.

Another great problem is to keep enough backs to last through the season. The backs are usually lighter than the forwards and being given a good deal more of the running work to do (and this is particularly true under the new rules where the men behind the line will have to do a good deal of line hammering without heavy interference) is rather apt to call for all the material that a coach and trainer can keep going. And even then at the end of the season the good men are scarce. The first part of the season the practice ought to be very short—

four or five minutes—and the team worked up to longer periods as the weather grows cooler and they improve in condition. By mid-season they should be able to play two fifteen-minute halves with ease, and if possible a fifteen and a twenty-minute half. By November they should be able to stand a slightly longer period in order that by the time of the big games they may be able to go the necessary two thirty-five minute halves.

As to protectors for the players, it is well worth while to use such protectors as are likely to save the players from injury, but of late it is feared too much has been done in this way so that the players were rendered rather less plucky, and, moreover, in some instances were probably made tender. Under the present rules the doing away with the heavy head protectors will be a great step in advance and will probably save many injuries. Nose guards are rather difficult to breathe through, but properly arranged are not dangerous. Protectors for the thigh and shins are good things and if a man receives an injured shoulder some kind of protection there is also advisable.

So far as foot ball is concerned a strict diet is not essential, but the men should not be permitted to smoke, nor should they be given alcoholic drinks except for medicinal purposes or when a man is very tired. The living should be plain and substantial and every effort made to have his training table attractive and the food appetizing.

EQUIPMENT FOR FOOT BALL

Foot ball, much reviled but still the popular vigorous sport of old, is, as has been said many, many times, as the American colleges play it, distinctly an American game. Look up its English origin if you will, but yet you will find that Englishmen who see for the first time a real game of foot ball are simply amazed at the development of Rugby by United States collegians. They do not fail to observe also that every effort of the individual player is aided loyally by each part of his equipment, provided he has been fitted out with Spalding goods, and it is a fact that in all the advances, intricacies and elaborations of this sport, A. G. Spalding & Bros. have always been ready to meet and even anticipate the needs of the players and the well-established reputation of the firm can be ascribed to the unvarying policy of honesty in the manufacture of their goods.

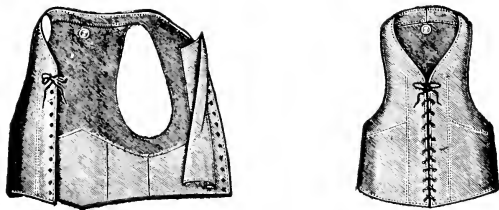
With many manufacturers, unfortunately, the primary idea seems to be that goods should be "made to sell." They forget that common honesty impresses a greater responsibility than this, and it is well to note that the makers of Spalding Athletic Goods have always acknowledged their further responsibility and that they promise to each purchaser not only that every article bearing the Spalding Trade Mark is *right* when it is purchased, but also that it will continue to be *right* until it is worn out. Over twenty years in manufacturing and not a single ball burst in a college match (a record without a precedent); the closest inspection at the tannery, and again after the balls are finished, and this last inspection is so close and exhaustive that it is rarely that even the slightest defect in either leather or sewing is overlooked, are a few reasons why the Spalding Official No. J5 Foot Ball is always used by the colleges, and, in fact, in every first-class match. Every team should have a No. J5 for practice work, and thus become thoroughly familiar with the "feel" of the ball they will be called upon to play with in match games. Be sure the ball is stamped with the Spalding trade-mark, which carries with it the Spalding guarantee of quality. Spalding's Trade-Marked Athletic Goods are not intended for ornaments, and they don't always look as pretty as similar goods of other manufacturers who oftentimes cater to the artistic and æsthetic tastes of the dealer rather than to the requirements and necessities of the player who wants them for hard usage. Possibly if such manufacturers had to back up a guarantee like the Spalding, they might go in more for strength and utility, and less for beauty.

For those, however, who wish a serviceable ball, and one that is superior in style and quality to the many balls put up in imitation of the No. J5, we recommend Spalding's Rugby Special No. A, which costs \$3.00 each. Other good Rugby balls can be bought at various prices from \$1.00 up.

The most essential point in starting a foot ball team is to have every player properly clothed. This is so with most athletic sports, but it is the case particularly with foot ball. In this game, as you all know, a player really *depends* upon a certain amount of help from his outfit. He tackles a man with confidence and audacity if he feels comfortable and satisfied in his outfit, but rarely otherwise. The

quality of his play really depends on this more than many trainers realize. The equipment for an overwhelming proportion of the principal colleges, universities and preparatory schools in this country has been furnished for twenty years past by A. G. Spalding & Bros. with universal satisfaction. On the following pages a general idea is given of the articles which should be included in the equipment of a first-class team.

Experiments have been made for years to make a material suitable for foot ball clothing that would overcome the objections to ordinary canvas and moleskin, and at the same time combine the good points of both. Three seasons ago Spalding's put out some foot ball clothing on orders for the most prominent teams in the country, using a special light weight tan colored canvas, guaranteed dye, and believed to be the strongest material ever used in a foot ball suit. The reports received from players who used this equipment could not have been more gratifying, and "Spalding's Special Varsity Foot Ball Clothing" is now a regular production. For those who require something that will give absolutely perfect satisfaction this grade is unhesitatingly recommended.



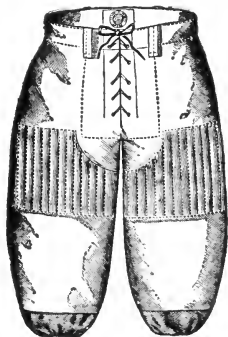
Showing No. VK Jacket open and closed. Note reinforcement and extra large arm holes.

Two styles of jackets, both sleeveless, are made in this grade. The illustrations will show some of the features of the VK style, which is made according to the very latest ideas. Arm holes, particularly, are made extra large and there is a heavy reinforcement running all around them and around neck and back to give additional strength at those points where it is most needed and to support lacing at the edges. The price of the No. VK Jacket, sleeveless, is \$1.25, and for those who desire a jacket somewhat lighter in weight, but of same quality, the No. VJ will be found satisfactory at same price.

Trousers in the same grade as the No. VK jackets are correctly padded in the hips and knees, according to an improved method, with pure curled hair, and the thighs have cane strips. This style is known as No. VT and a pair costs \$2.50. For the players on the largest college teams, particularly, where it is usual to place the pads in foot ball pants according to the desires of the individual player, and to satisfy the demand for light weight, durable material, Spalding's have added to their line of foot ball clothing this season the No. CS canvas, silk-finished pants. These cost \$4.00 per pair and are fitted with reeds in thighs, but have no other padding. They are far ahead of anything ever made before in the way of foot ball clothing and are particularly suitable for the game under the revised rules.

The Spalding Special Varsity Union Foot Ball Suit consists of the No. VT trousers and either No. VJ or VK jacket, with elastic belt joining them. The union suit costs \$5.00 complete.

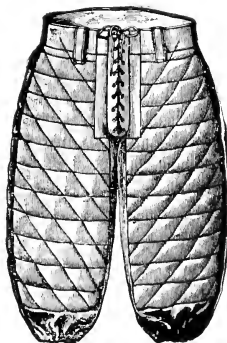
The ordinary style jacket, with which everyone is familiar (known as Spalding's No. 1), is made of special brown canvas, sewed with the best and strongest linen, with hand made eyelets for lacing. It is made without sleeves and costs 75 cents. Spalding's No. 2 grade is well made, of a good quality brown canvas, and costs 50 cents for a jacket without sleeves. The No. 3 grade made of white canvas and without sleeves costs 40 cents each.



No. OOR.



No. 1—sleeveless.



No. XP.

Spalding's Intercollegiate Foot Ball Trousers are made of the best and most serviceable drab moleskin, manufactured expressly for the purpose. The hips and knees are padded according to an improved method with curled hair, and the thighs with cane strips. The best grade is designated as No. OOR and cost \$5.00 for a pair with padding and \$4.00 unpadded. For \$3.00 a pair, padded, can be obtained in same style as No. OOR, but of a cheaper grade of moleskin. Trousers in canvas come in three grades. The best, No. 1P, is of extra quality brown canvas, well padded throughout and with cane strips at thighs, and cost \$1.75. The next quality, No. 2P, is of good quality brown canvas, well padded and substantially made, and sell for \$1.25, while for 75 cents a well padded pair, made of heavy white drill, can be obtained.

Spalding's "highest quality" foot ball stockings are superior to anything ever offered for athletic wear, and combine all the essentials of a perfect stocking. They are all worsted, have white feet, are heavy ribbed, full fashioned, hug the leg closely but comfortably, and are very durable. The weaving is of an exclusive and unusually handsome design. They cost \$1.50 per pair in black, navy blue and maroon colors only; other colors are made to order only, for which prices will be sent on application. Striped stockings, in same grade, are made in any combination of regular colors to order only and cost \$1.75 per pair. Spalding's striped ribbed stockings rank next to the "highest quality" grade and are of best quality all wool, with alternating two-inch stripes. They can be obtained in the following combinations: scarlet and black, navy and red, orange and black, maroon and white, royal blue and white, navy and white. They cost \$1.25 per pair for the "heavy weight;" \$1.00 for "medium weight;" and 80 cents for "good weight." Stockings in same combinations of colors, but with a stripe four inches wide around calf instead of striped alternately, are furnished

at the same prices in corresponding grades. Other combinations have to be made to order, at special prices. Plain color stockings—black, navy, maroon, royal blue and scarlet, cost \$1.10 per pair for the heavy weight, all wool; 90 cents for the medium weight; 70 cents for a good weight, wool legs and cotton feet, and 25 cents for cotton.

In the matter of shoes, the foot ball player must have suitable shoes if he is to do good work. Merely putting cleats on ordinary shoes will not do. Spalding's, naturally, have made a specialty of foot ball shoes for years past and every pair is practically made under the direct supervision of an expert. They warrant the material and workmanship and can point to the players on the best college teams in this country who all wear Spalding Foot Ball Shoes as evidence of their general good qualities. All of their foot ball shoes have the new style cleats, as shown in cut.



No. A2-0; showing new arrangement of cleats.

The shoe that is recognized as standard by foot ball players everywhere is Spalding's No. A2-0. It is hand made throughout, of finest Kangaroo leather, with circular reinforce on sides, and cost \$7.50 per pair. No. A2-0S, an extremely light model of the No. A2-0 shoe, costs the same price. For years past the shoes worn by the players on the Yale, Princeton, University of Pennsylvania, and practically every other prominent college team in this country, have been made to order at the Spalding factory. Prices will be quoted on application for shoes made to measure, but for the majority of players no difficulty will be found in fitting out from regular stock, with the great assortment of styles and sizes carried at all the Spalding stores and by dealers who handle Spalding foot ball equipment.

The other grades of shoes are as follows: The 'Varsity Shoe, No. A2-M, finest black calfskin, and will give excellent satisfaction, equipped with Spalding's Foot Ball Ankle Brace, per pair, \$5.00.

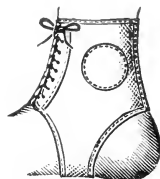
The Club Special Shoe, No. A2-S, of black calfskin, good quality, machine sewed, in sprinting weight and very well made, per pair, \$4.50.

The Amateur Special Shoe, No. A3, is made of black calfskin, good quality, machine sewed, and is a very serviceable shoe; per pair, \$3.50.

A very useful and necessary adjunct to a foot ball shoe is Spalding's foot ball ankle brace, designed by M. Murphy, the celebrated trainer of the Yale team, and now with the University of Pennsylvania. The brace is made of two pieces of finely tempered steel, jointed. It absolutely prevents turning of the ankle, and has been most thoroughly tested in actual play by the Yale team. It can be put in your shoes by any shoemaker. The price is 50 cents a pair.



Ankle Brace.



Ankle Supporter.

The Hackey patent ankle supporter is the most popular style of this very important article of wear. They are worn over or under stocking. Relieve pain immediately and cure a sprain in a remarkably short time. The best quality, made of soft tanned leather, costs \$1.00 per pair; good quality of sheepskin, lined, bound and reinforced, costs 50 cents per pair, and 25 cents buys a pair made of black duck lined and bound. When ordering be sure to specify size of shoe worn.

Sweaters are, of course, a necessity for every player, and the Spalding line offers a wide assortment for selection. The very best sweaters are known as the Spalding "highest quality" and are made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in the "highest quality" sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight. The Spalding No. AA sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as they have



"Highest Quality."



Full Striped Jersey.

exclusive control of this special weight. They are particularly suitable for foot ball and skating. The price is \$7.50 each. The other weights and prices in this grade are: No. A, Intercollegiate, special weight, \$6.00; No. B, heavyweight, \$5.00; No. C, standard weight, \$4.00. Colors: white, navy blue, black, gray, maroon and cardinal. Other colors are made only to order at special prices. All are made with 9-inch collars, in sizes 28 to 44 inches.

A striped sweater, in the following combinations, two-inch stripes, red and black, navy and red, navy and white, and orange and black, is made in the No. B grade before mentioned, and costs \$6.00. Other

combinations can be obtained, of course, but only at an advanced price and to order only.

Spalding's Shaker sweaters were introduced to fill a demand for as heavy a weight as their "highest quality" grade, but at a lower price. They are made in these colors only: black, navy blue, maroon, gray or white, and cost \$5.50, \$4.50 and \$3.50, respectively, according to weight. Striped sweaters in the Shaker grade, standard weight, cost \$4.00 each, in the following combinations only, two-inch stripes: red and black, navy and red, orange and black, navy and white. Ribbed sweaters, made of pure wool, in maroon, navy blue, black and gray, cost \$1.50 each and are guaranteed superior to any other sweater of equal price.

Spalding's varieties of jerseys are almost endless. We give here-with a list of their most popular ones. Where different combinations of colors or different width stripes are wanted, they have to be made to order and at an advanced price.

The Spalding No. 1P extra quality jerseys are made of the finest Australian wool; close knit and full fashioned; in solid colors; navy blue, black, maroon and gray; price \$4.00.

The Spalding No. 10P line, recently introduced, is manufactured from hard twisted worsted and closely woven, of a good quality, and made so as to stand the most severe strain. It is an absolutely perfect jersey for athletes. Solid colors; black, navy blue, maroon and gray carried in stock; each, \$2.75.

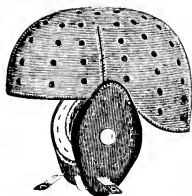
No. 10PX is same grade as No. 10P, solid color body with alternate striped sleeves usually two inches of same color as the body, with narrow stripe of any desired color. This is a very popular garment and will give excellent satisfaction; each, \$3.00.

Full striped jerseys in the No. 10P line cost \$3.25 each, and in the No. 1P line, \$4.50. The combinations carried are the following, two-inch stripes, orange and black, navy and white, red and black, gray and cardinal, gray and royal blue, royal blue and white, Columbia blue and white, scarlet and white, black and royal blue, navy and cardinal, maroon and white.

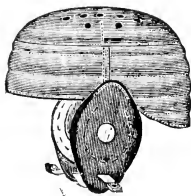
Jerseys, in same colors as above, but with collars and cuffs not striped, No. 12PX, cost \$2.50.

The Spalding Head Harness now being made are designed to protect those parts of the player's head most liable to be injured seriously. The rear extension coming down low enough to protect thoroughly the base of the brain and the front covering well the region adjacent to the temples. Prominent trainers connected with the large colleges give the Spalding head harness their unqualified approval, and players will quickly realize the manifold advantages of this additional protection. They conform in every particular to the Official Rules.

This cut represents Spalding's No. A head harness, which costs \$5.00. It is made of firm tanned black leather, molded to shape, per-



No. A.



No. B.



No. C.

forated for ventilation and well padded, adjustable chin strap. This head harness presents a perfectly smooth surface, and while giving absolute protection is one of the coolest and lightest made. When ordering specify size of hat worn.

Spalding's head harness No. B is made of soft black leather top and sides, soft leather ear pieces, adjustable chin strap. The top is padded with felt and well ventilated. Sides stitched and felt padded with canvas lining. When ordering specify size of hat worn. Each, \$2.75.

Spalding's head harness No. C is made with soft black leather top, well ventilated; moleskin sides and ear pieces, elastic chin strap. Nicely padded with felt and substantially made. Each, \$1.50.

Morrill's nose mask is made of the finest rubber, and no wire or metal is used in its construction. It has become a necessity on every foot ball team, and affords absolute protection to the nose and teeth. No. 1, men's, and No. 1B, youths' size, cost \$1.50 each. The same, fitted with adjustable mouth-piece, costs the same price in either men's or youths' size.



Morrill's Nose Mask.



Rubber Mouthpiece.

Spalding's Rubber Mouthpiece is made of best quality Para rubber, and gives perfect protection to the mouth and teeth. It costs 25 cents.

Shin guards offer several varieties from which to select, and the following will give a good idea of the Spalding line:

Spalding has added to the line of foot ball equipment this season a shin guard for which application has been made for a patent. It is made with the idea of preventing contact with the sensitive shinbone rather than after the usual method of attempting to soften a blow by piling on padding. The absence of all padding makes it possible also to ventilate this guard thoroughly, and, added to its extremely light weight, it becomes really the most satisfactory and comfortable shin guard ever produced. Spalding calls it No. 30 and it sells for \$2.00 per pair.



No. 9



No. 30

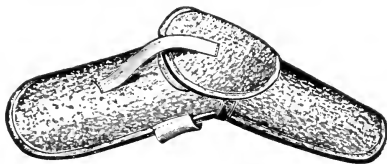


No. 60.

Spalding's No. 60 shin guards are made with covering of black leather, backed up with real rattan reeds and felt padding. Leather straps and binding. They are light in weight and well made. Per pair, \$1.50.

In cotton moleskin shin guards Spaldings make two sizes and styles, both with reed backing: No. 8, 9 inches in length, at 35 cents per pair, and No. 9, 11 inches long, at 50 cents per pair.

A new style, No. 10, added to the line, is 11 inches long and is made of moleskin, same as used in the best quality foot ball pants and with reed backing. No. 10 shin guards cost \$1.00 per pair.



Combined Leg, Knee and Shin Guard.

A very ingenious appurtenance is the Spalding combined leg, knee and shin guard, made after model submitted by Glenn S. Warner of Cornell, which gives perfect protection with absolute freedom of movements. It is heavily covered with wool felt both inside and out and is made in exact accordance with decisions of rules committee. It costs \$5.00 each.

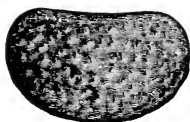


No. B.



No. D.

Shoulder pads next claim the attention. Spalding's improved shoulder pad No. B, as shown herewith, was also designed by Glenn S. Warner. This pad is made to fit the player's shoulder. It is heavily padded both inside and out with wool felt in exact accordance with decisions of rules committee and meets with the hearty indorsement of every player and trainer who has examined it. The price is \$2.50 each. The other style, No. D, is made with soft black leather covering, padded with heavy felt and fitted with adjusting laces and elastic. Selvage is left for attaching to jersey. No. D costs \$1.00 each.



No. 2.



No. 1.

Spalding's adjustable leather covered pads are hand made and can be readily attached to any part of a jersey, but are specially adapted

to the shoulders and elbows. Covered with tan leather, and padded with a new material which has all the softness of curled hair and the durability of felt. No. 1 for the shoulder, costs 50 cents each and \$1.00 per pair; No. 2 for the elbow costs the same. The shoulder pads are made longer this season than formerly in order to provide ample protection.

No. 3 for the shoulder and No. 4 for elbow are made same as Nos. 1 and 2, except that the covering is brown canvas instead of leather, which reduces their cost to 25 cents each and 50 cents a pair.



Patented June 17, 1902.

Spalding's combination foot ball glove and wrist supporter is a very useful article for the player. It was designed by H. B. Conibear, trainer at the University of Chicago. The back of the hand is protected by a piece of sole leather, and any strain to the wrist is avoided by a leather strap supporter, which forms the upper part of the glove. The glove does not interfere with the free use of the hand, and those in use last season were highly commended by the players. It is made for right or left hand and costs \$1.25 each.

Leather wrist supporters are made in styles as shown in cuts and cost 25 cents for the laced style or single strap and 40 cents for the double strap. A particularly well made and durable style is No. 400, which is constructed of soft finish pigskin, nicely lined. The special feature of this style is the slitting which permits the supporter to conform to the shape of the wrist and at the same time does not detract from its strength or durability. The No. 400 costs 50 cents each.



No. 400.



No. 300.



No. 100,



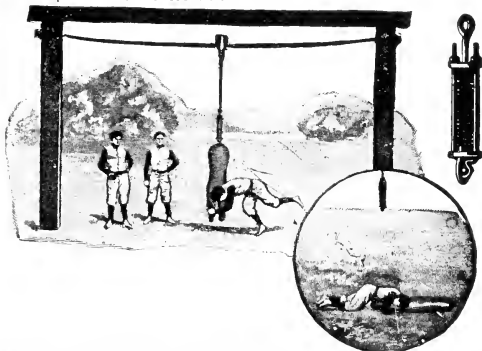
No. 200.

Bandages for the elbow, shoulder, knee, ankle or wrist, are made specially for those portions of the body and can be obtained from 75 cents up, depending on size and quality.

The value of the Spalding tackling machine, equipped with the releasing attachment, cannot be overestimated. It enables the coach to instruct players how to tackle properly with accuracy, and without fear of being hit by the weight which is overhead in other machines. Mr. John McMasters, trainer of the Harvard foot ball team, is responsible for the releasing attachment, which is a worthy supplement to the original tackling machine invented by Capt. Garrett Cochran, of the Princeton foot ball team, and improved by Glenn S. Warner of Cornell.

Spalding's have supplied practically all the prominent colleges with the arrangements which they have in use to instruct players how to tackle properly, and will furnish on application, blue prints show-

ing how apparatus should be set up. Uprights and cross-beam can be purchased at any sawmill, and the prices for all other equipments necessary are as follows:

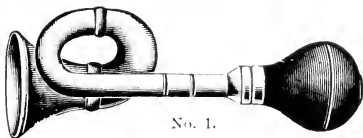


Tackling dummy—Made of heavy brown canvas, without joining at waist, and reinforced at bottom with heavy sole leather. Each, \$15.00.

Releasing attachment—Complete with pulley block to run on cross rod and spliced to connecting rope. Each, \$10.00.

Steel cross rod—Threaded at both ends, complete with nuts and washers. Each, \$5.00.

The rules specify that it is desirable to have two stop watches for the timekeepers, a whistle for the referee and a horn or a bell of some kind for the umpire, in order to distinguish his call from that of the referee. For referees' use, two styles of whistles are shown herewith, either of which costs 25 cents, while for the umpires' and linesmen's use, two styles of



No. 1.



No. 2.



No. 1.



No. 2.

horns are made, No. 1, of polished brass, costing \$2.00, and No. 2, nickel-plated, \$1.00. They make a loud sound and are not cumbersome in the hand. A good stop watch, stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back, engaging and disengaging mechanism can be bought for \$7.50.

In a brief article of this kind it is hardly possible even to mention all the various articles that should be included in the foot ball player's outfit, but on request A. G. Spalding & Bros. will mail to anyone from any of their stores a copy of their latest complete catalogue containing cuts, descriptions and prices of everything that is required by an athlete no matter what sport he is interested in particularly. The Spalding stores are located in the following cities:

New York City—124-128 Nassau Street and 29-33 West Forty-second Street.

Chicago—147-149 Wabash Avenue.

Philadelphia—1013 Filbert Street.

Boston, Mass.—73 Federal Street.

Baltimore, Md.—320 N. Howard Street.

Buffalo, N. Y.—611 Main Street.

Pittsburg, Pa.—439 Wood Street.

Washington, D. C.—709 14th Street, N. W. (Colorado Building).

Syracuse, N. Y.—University Block.

San Francisco, Cal.—134 Geary Street.

Denver, Col.—1616 Arapahoe Street.

St. Louis, Mo.—708 Pine Street.

Kansas City, Mo.—1111 Walnut Street.

Cincinnati, O.—Fountain Square, 27 East Fifth Street.

Minneapolis, Minn.—507 Second Avenue, South.

New Orleans, La.—140 Carondelet Street.

Montreal, Can.—443 St. James Street.

Hamburg, Germany—15 Alter Wandrahm.

London, Eng.—53, 54, 55, Fetter Lane.



HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

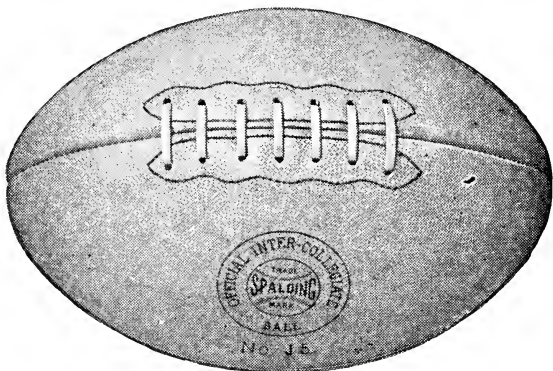
GRAND PRIZE
ST. LOUIS
1904



GRAND PRIX
PARIS
1900



The Spalding Official Intercollegiate Foot Ball



WE have spared no expense in making this ball perfect in every detail, and offer it as the finest foot ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished and nickel-plated brass foot ball inflater and lacing needle will be packed with each Intercollegiate foot ball without extra charge. Used exclusively by all the leading universities, colleges and athletic associations without exception.

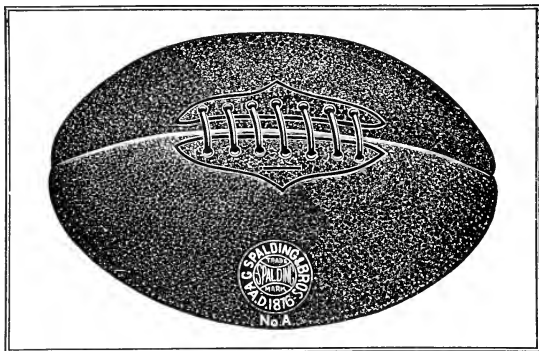
No. J5. Complete, \$4.00

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THE SPALDING RUGBY "SPECIAL"



A substantial ball in every detail. Made of specially tanned imported grain leather and put together in a most thorough manner. Superior in style and quality to the many balls put on the market in imitation of our Official No. J5 Ball. Each ball put up in a sealed box, with guaranteed bladder and rawhide lace.

No. A. Rugby "Special." Each, \$3.00

Send for Spalding's handsomely illustrated catalogue. Mailed free to any address.

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HIGHEST AWARDS

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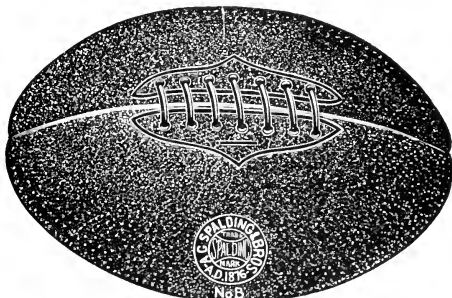
GRAND PRIZE
ST. LOUIS
1904



GRAND PRIX
PARIS
1900



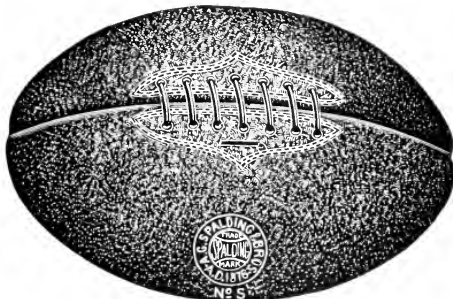
SPALDING RUGBY FOOT BALLS



SELECTED
fine grain
leather case.
Well made; will
give excellent
satisfaction.
Each ball put
up in a sealed
box, with guar-
anteed bladder
and rawhide
lace.
Regulation size

No. B.

Each,
\$2.50



GOOD quality
leather case,
pebble graining.
Each ball packed
complete with
guaranteed blad-
der in sealed box;
brass eyelets for
lacing and sub-
stantially made
throughout.
Regulation size.

No. S.

Each,
\$1.50

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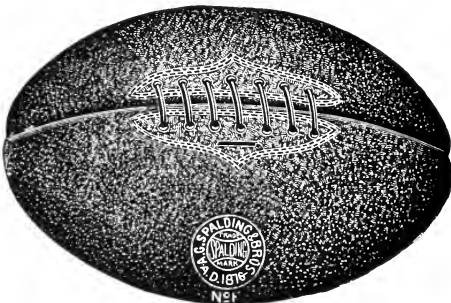
SPALDING RUGBY FOOT BALLS

HANDSOMELY grained cowhide case of excellent quality. Each ball packed complete with guaranteed bladder and rawhide lace in sealed box. Regulation size.

No. F.

Each,

\$2.00

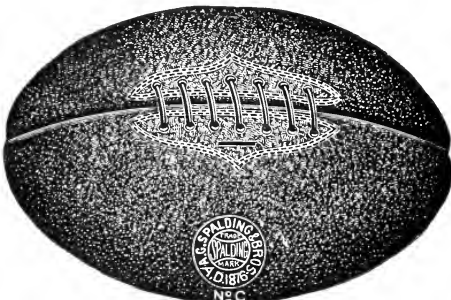



WELL made leather case, pebble graining. Standard trademark quality. Each ball packed complete with guaranteed bladder in sealed box. Regulation size.

No. C.

Each,

\$1.25



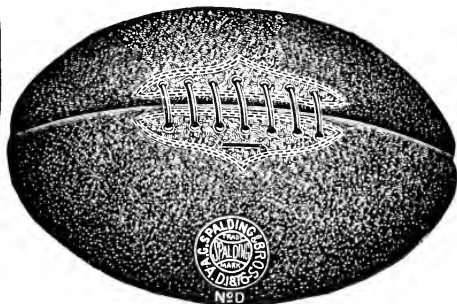
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SPALDING RUGBY FOOT BALLS

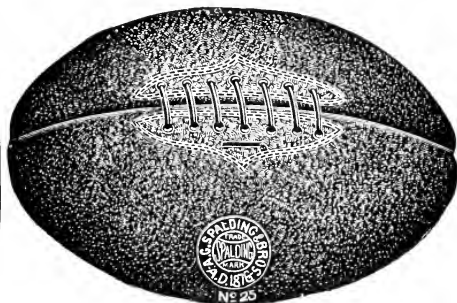


TRADE-MARK
quality, leather
case, pebble
graining. Each
ball complete
with guaranteed
bladder in sealed
box.

Regulation size.

No. D

Each,
\$1.00



LEATHER case,
trade-mark
quality. Each
ball complete
with guaranteed
bladder in sealed
box.

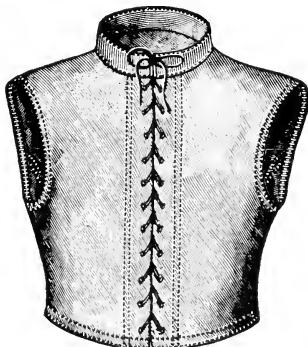
Regulation size.

No. 25.

Each,
75c.

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Foot Ball Jackets

Nos. 1, 2 and 3

Jacket, sleeveless; made of special brown canvas, sewed with the best and strongest linen; hand made eyelets for lacing.

No. 1. Each, 75c.

Jacket, sleeveless, brown canvas, well made.

No. 2. Each, 50c.

Jacket, sleeveless; good quality white canvas, well made.

No. 3. Each, 40c.

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

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FOOT BALL PANTS

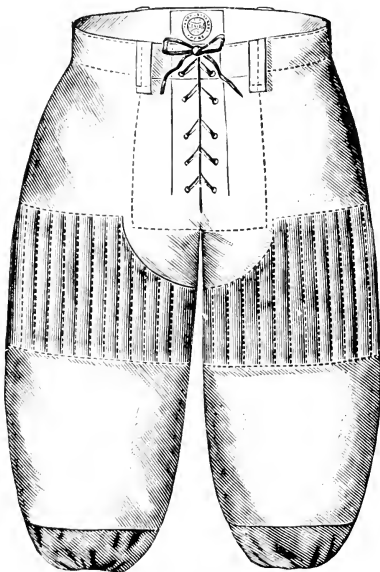
....MOLESKIN....

Intercollegiate Foot Ball Pants, lace front, made of the best and most serviceable drab moleskin, manufactured expressly for the purpose. The hips and knees are padded according to our improved method with curled hair, and the thighs with cane strips.

No. **OOR.** Padded.
Per pair, **\$5.00**

No. **OOR.** Unpadded.
Per pair, **\$4.00**

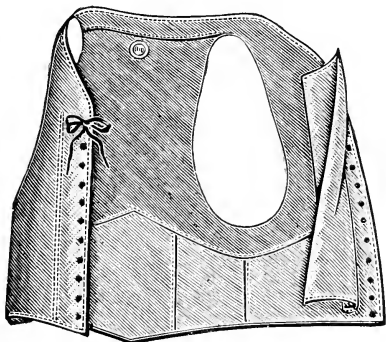
No. **OMR.** Made in same style as our OOR, but of a cheaper grade of moleskin, padded.
Per pair, **\$3.00**



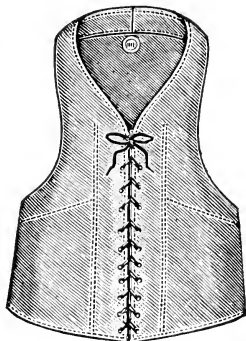
Showing style Padding used in Nos. 00R, 0MR, 1P and 2P.

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Showing No. VK Jacket. Note reinforcement and extra large arm holes.



No. VJ.

The Spalding Special 'Varsity Foot Ball Jackets Sleeveless

WE make two styles of jackets, both sleeveless, in this grade. The illustrations will show some of the features of the VK style, which is made according to the very latest ideas. Arm holes, particularly, are made extra large, and there is a heavy reinforcement running all around them and around neck and back to give additional strength at those points where it is most needed and to support lacing at edges.

No. VK. Jacket, sleeveless. Each, **\$1.25**

No. VJ. Jacket, sleeveless; regular style, but without reinforcement. Special quality. . **\$1.25**

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HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

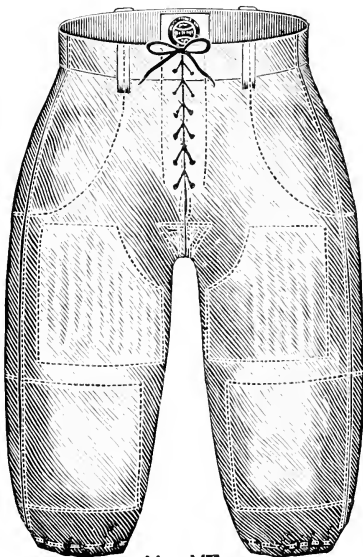
GRAND PRIZE
ST. LOUIS
1904



GRAND PRIX
PARIS
1900



The Spalding Special 'Varsity Foot Ball Pants



No. VT.

without padding. Canvas silk finished. Pants unpadding.

No. CS. Per pair, \$4.00

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

THE hips and knees are properly padded according to our improved method, with pure curled hair, and the thighs have cane strips. Absolutely best grade throughout.

No. VT.

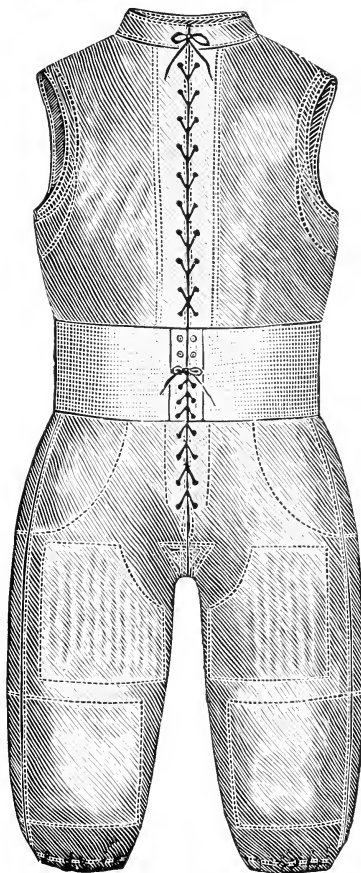
Pants padded.

Per pair, \$2.50

TO SATISFY the demand for light weight, absolutely high grade and durable foot ball pants, we have added to our line something that is unobtainable elsewhere. The silk finished canvas of which these pants are made is without doubt the costliest, and at the same time, the most satisfactory material of which foot ball pants have ever been made, and we recommend them especially to college teams who wish to arrange padding to suit the individual wishes of the players. Thighs have cane strips, the pants come otherwise

A. C. SPALDING & BROS.

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No. VTJ.

Spalding 'Varsity Union Suit

MADE up of our 'Varsity Pants and Jacket, connected by a substantial elastic belt. This suit will give excellent satisfaction. It conforms to each movement of the body and makes an ideal outfit in every way.

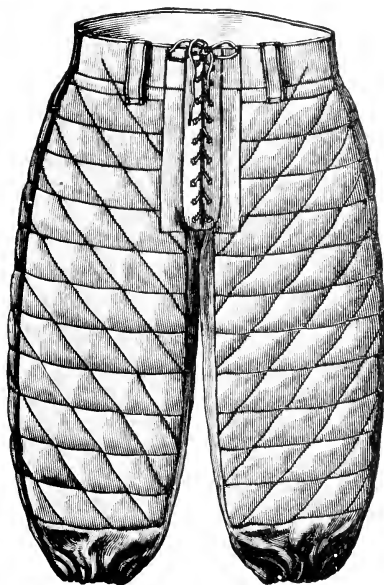
No. VTJ. 'Varsity Union Foot Ball Suit.

Price, \$5.00



FOOT BALL PANTS

....CANVAS....



No. XP

No. 1P

Extra quality brown canvas, well padded throughout and cane strips at thighs.

Per pair, \$1.75

No. 2P

Good quality brown canvas, well padded and substantially made.

Per pair, \$1.25

No. XP

Made of heavy white drill and well padded.

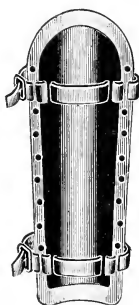
Per pair, 75c.

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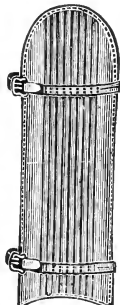
Spalding Foot Ball Shin Guards



No. 30



No. 60



No. 9

Spalding Patented Shin Guard

(Patent applied for.)

We claim that this shin guard is made according to the only correct principles, in that:

FIRST—It is built to *prevent* contact with the sensitive shin bone rather than to *attempt* to soften a blow by piling on padding.

SECOND—It is thoroughly ventilated, making it the most comfortable to wear of any.

THIRD—It is extremely light in weight, simply consisting of elkskin ventilated leg-piece with molded "barbette" piece and soft tanned leather fastening straps.

No. 30. Spalding Patented Shin Guards. Per pair, \$2.00

No. 60. Made with covering of black leather, backed up with real rattan reeds and felt padding. Leather straps and binding. Light in weight and well made. Per pair, \$1.50

No. 10. Made of best quality moleskin, same material as in our No. 00R foot ball pants, backed up with real rattan reeds. Per pair, \$1.00

We are making two sizes and styles of cotton moleskin shin guards, both well made and light in weight.

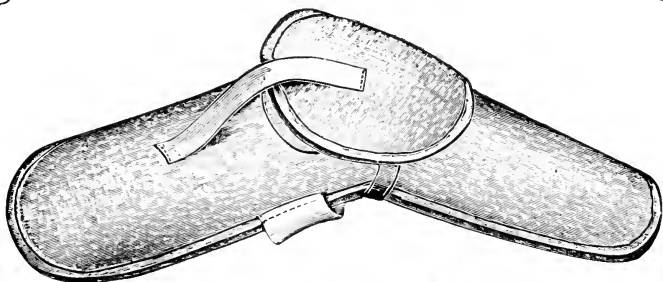
No. 8. Cotton moleskin, length 9 inches, with reeds. Per pair, 35c.

No. 9. Cotton moleskin, length 11 inches, with reeds. " 50c.

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THE SPALDING COMBINED LEG, KNEE AND SHIN GUARD

Made after model submitted to us by Glenn S. Warner of Cornell, and will give perfect protection with absolute freedom of movements. Heavily covered with wool felt both inside and out in exact accordance with decisions of Rules Committee

No. C. Each, \$5.00



No. 2



No. 3

"CLUB" FOOT BALL INFLATER

Made of polished brass, nickel-plated. Extreme length closed, 13 1-2 inches; cylinder 10 inches long and diameter 1 1-2 inch.

No. 2. Each, 50c.

POCKET FOOT BALL INFLATER

Made of brass, nickel-plated and polished; convenient in size and quick in action. The cylinder is 5 1-2 inches long and diameter 7-8 inch; extreme length closed 7 1-4 inches.

No. 3. Each, 25c.

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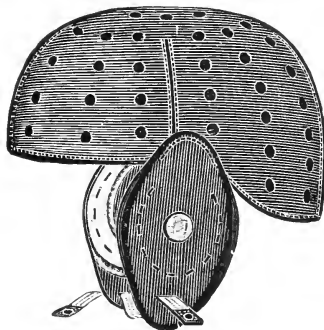
GRAND PRIX
PARIS
1900



THE SPALDING HEAD HARNESS

(PATENT APPLIED FOR)

ADOPTING the suggestion of one of the most prominent college trainers in this country we made our head harness last season extra long in back so as to protect the base of the brain, and shaped in front to protect the region adjacent to the temples. Their general use by players on the most prominent teams shows how they viewed the change, Spalding Head Harness having been used almost entirely. Experience has shown that the majority of serious injuries to players occur through inadequate protection of these parts, and the advantages of such a protection as the Spalding Head Harness cannot be overestimated.



Made of firm tanned black leather, molded to shape, perforated for ventilation and well padded. Adjustable chin strap; rear extension. This head harness presents a perfectly smooth surface, and while giving absolute protection, is one of the coolest and lightest made. When ordering, specify size of hat worn

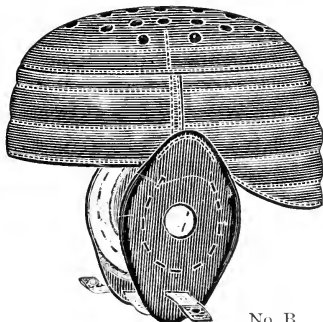
No. A. Each, \$5.00

**All Head Harness conform exactly to
Rules of Intercollegiate Association**

Spalding's handsomely illustrated catalogue of Athletic Sports mailed free to any address.

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No. B.

SPALDING'S HEAD HARNESS



No. C

Made with soft black leather top and sides, soft leather ear pieces, adjustable chin strap; rear extension. Top padded with felt and well ventilated. Sides stitched and felt padded with canvas lining. When ordering specify size of hat worn.

No. B.
Each, \$2.75



Made with soft black leather top, well ventilated; moleskin sides and ear pieces, elastic chin strap; rear extension. Nicely padded with felt and substantially made. When ordering specify size of hat worn.

No. C.
Each, \$1.50

Send for Spalding's handsomely illustrated catalogue of all athletic sports. Mailed free to any address in the United States or Canada.

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				Hamburg, Germany

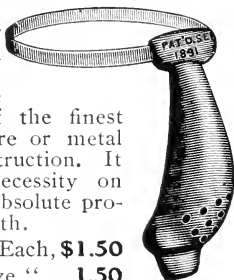


Morrill Nose Mask

(Patented Sept. 29, 1901)



None genuine which do not bear the name Morrill and date of patent. Morrill's Nose Mask is made of the finest rubber, and no wire or metal is used in its construction. It has become a necessity on every foot ball team, and affords absolute protection to the nose and teeth.



- No. 1. Regulation style and size. Each, \$1.50
 No. 1B. Regulation style, youths' size. " 1.50
 No. O. Full size, with adjustable mouthpiece. Each, \$1.50
 No. O-B. Youths' size with adjustable mouthpiece. " 1.50

SPALDING RUBBER MOUTHPIECE



This mouthpiece is made of best quality Para rubber. Gives perfect protection to the mouth and teeth.

- No. 2. Mouthpiece.
 Each, 25c.



- No. A. Adjustable Mouthpiece separate, same as supplied with Nos. o and oB Nose Mask. Each, 25c.
 In ordering specify whether required for No. o or No. oB Nose Mask.

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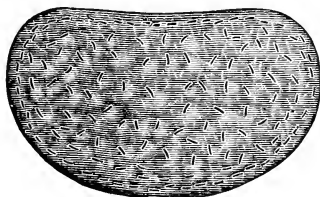
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ST. LOUIS
1904



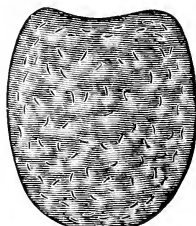
GRAND PRIX
PARIS
1900



SPALDING LEATHER COVERED PADS



No. 2



No. 1

These adjustable pads are hand made and considerably better than any we have ever furnished before. The shoulder pads are made extra long, so as to give full protection. Can be readily attached to any part of a jersey, but are especially adapted to the shoulders and elbows. Covered with tan leather, and padded with a new material which has all the softness of curled hair and the durability of felt.

No. 1. Shoulder Pad. Each, 50c. Pair, \$1.00

No. 2. Elbow Pad. " 50c. " 1.00

Same as above, but covered with brown canvas instead of leather.

No. 3. Shoulder Pad. Each, 25c. Pair, 50c.

No. 4. Elbow Pad. " 25c. " 50c.

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The Amateur Special Shoe



Black calfskin, good quality, Machine sewed. A very serviceable shoe.

No. A3. Per Pair, \$3.50

A. C. SPALDING & BROS.

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The Club Special Shoe



Sprinting Shoe, extremely light; black calfskin, good quality, very well made.

No. A-2S. Per pair, \$4.50

A. C. SPALDING & BROS.

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The 'Varsity Shoe



Finest black calfskin; hand made throughout. Equipped with Spalding's Foot Ball Ankle Brace. Will give excellent satisfaction.

No. A2M. Per Pair, \$5.00

A. C. SPALDING & BROS.

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The Spalding "Highest Quality" Sweaters



We allow four inches for stretch in all our Sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

Made of the very finest Australian lambs' wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.

Our No. AA Sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. AA.	Particularly suitable for foot ball and skating.	
	Heaviest sweater made.	\$7.50
No. A.	"Intercollegiate," special weight.	6.00
No. B.	Heavy Weight.	5.00
No. C.	Standard Weight.	4.00

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal.

Other colors to order.

Prices on application. All made with 9-inch collars; sizes, 28 to 44 inches.

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Spalding's Athletic Library

Spalding's Athletic Library is devoted to all athletic sports and pastimes, indoor and outdoor, and is the recognized American cyclopedia of sport. Each book is complete in itself; and those sports which are governed by National Associations always designate Spalding's Athletic Library as the official publication. This gives to each book the official authority to contain the rules. Each year the books are brought up-to-date, with the latest rules, new ideas, new pictures and valuable information, thus making the series [the most valuable of its kind in the world. The price, 10 cents per copy, places them in the reach of all, and no one's library can be complete unless all numbers are found therein.

NO. 13—HOW TO PLAY HAND BALL.

By the world's champion, Michael Egan, of Jersey City. This book has been rewritten and brought up to date in every particular. Every play is thoroughly explained by text and diagram. The numerous illustrations consist of full pages made from photographs of Champion Egan, showing him in all his characteristic attitudes. Price 10 cents.

NO. 14—CURLING.

A short history of this famous Scottish pastime, with instructions for play, rules of the game, definitions of terms and diagrams of different shots. Price 10 cents.

NO. 23—CANOEING.

By C. Bowyer Vaux. Paddling, sailing, cruising and racing canoes and their uses; with hints on rig and management; the choice of a canoe; sailing canoes; racing regulations; canoeing and camping. Fully illustrated. Price 10 cents.

NO. 27—COLLEGE ATHLETICS.

M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport. The subjects comprise the following articles: Training, starting, sprinting; how to train for the quarter, half, mile and longer distances; walking; high and broad jumping; hurdling; pole vaulting; throwing the hammer. It is profusely illustrated with pictures of leading athletes, and has been revised for the season of 1906. Price 10 cents.



NO. 29—PULLEY WEIGHT EXERCISES

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium, Anderson Normal School, Chautauqua University. In conjunction with a chest machine anyone with this book can become perfectly developed. Price 10 cents.



NO. 55—OFFICIAL SPORTING RULES.

Contains rules not found in other publications for the government of many sports; rules for wrestling, cross-country running, shuffleboard, skating, snowshoeing, quoits, potato racing, professional racing, racquets, pigeon flying, dog racing, pistol and revolver shooting. Price 10 cents.



NO. 87—ATHLETIC PRIMER.

Edited by James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union; tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for building a track and laying out athletic grounds, and a very instructive article on training; fully illustrated with pictures of leading athletes in action. Price 10 cents.



NO. 102—GROUND TUMBLING.

By Prof. Henry Walter Worth, who was for years physical director of the Armour Institute of Technology. Any boy, by reading this book and following the instructions, can become a proficient tumbler. Price 10 cents.





NO. 104—THE GRADING OF GYMNAS- TIC EXERCISES.

By G. M. Martin, Physical Director of the Y. M. C. A. of Youngstown, Ohio. It is a book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. The contents comprise: The place of the class in physical training; grading of exercises and season schedules—grading of men, grading of exercises, season schedules for various classes, elementary and advanced classes, leaders, optional exercises. Nearly 200 pages. Price 10 cents.

NO. 124—HOW TO BECOME A GYMNAST

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy who frequents a gymnasium can easily follow the illustrations and instructions in this book and with a little practice become proficient on the horizontal and parallel bars, the trapeze or the "horse." Price 10 cents.

NO. 128—HOW TO ROW.

By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsmen and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the beginner. Price 10 cents.

NO. 129—WATER POLO.

By Gus Sundstrom, instructor at the New York A. C. It treats of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.

NO. 138—OFFICIAL CROQUET GUIDE.

Contains directions for playing, diagrams of important strokes, description of grounds, instructions for the beginner, terms used in the game, and the official playing rules. Price 10 cents.

NO. 140—WRESTLING.

Catch as catch can style. By E. H. Hitchcock, M.D., of Cornell, and R. F. Nelligan, of Amherst College. The book contains nearly seventy illustrations of the different holds, photographed especially and so described that anybody who desires to become expert in wrestling can with little effort learn every one. Price 10 cents.

NO. 142—PHYSICAL TRAINING SIM- PLIFIED.

By Prof. E. B. Warman, the well-known physical culture expert. Is a complete, thorough and practical book where the whole man is considered—brain and body. By following the instructions no apparatus is required. The book is adapted for both sexes. Price 10 cents.

NO. 143—INDIAN CLUBS AND DUMB- BELLS.

Two of the most popular forms of home or gymnasium exercise. This book is written by America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.

NO. 149—THE CARE OF THE BODY.

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well-known lecturer and authority on physical culture. The subject is thoroughly treated, as a glance at the following small portion of the contents shows: An all-around athlete; muscular Christianity; eating, diet—various opinions; bill of fare for brain workers; bill of fare for muscle-makers; what to eat and drink; a simple diet; an opinion on brain food; why is food required? drinking water; nutrition—how food nourishes the body; a day's food, how used; constituents of a day's ration—beefsteak, potatoes, bread, butter, water, germs of disease, etc. Price 10 cents.

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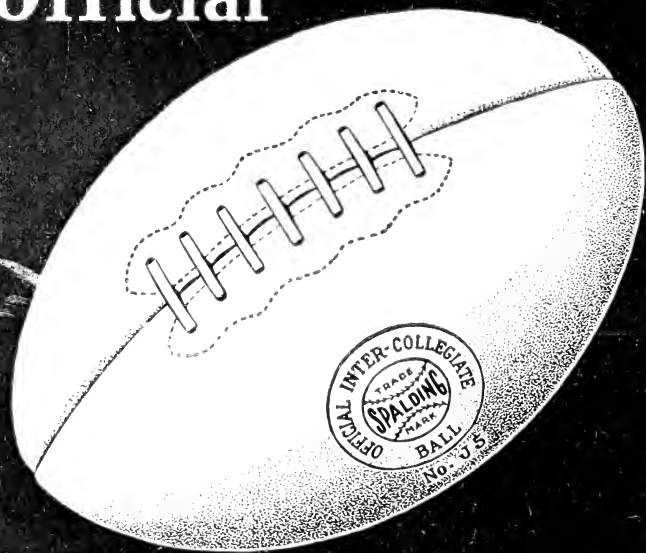


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